THE SATURDAY EVENING POST

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A Day with Diana

The Royal Health Diet

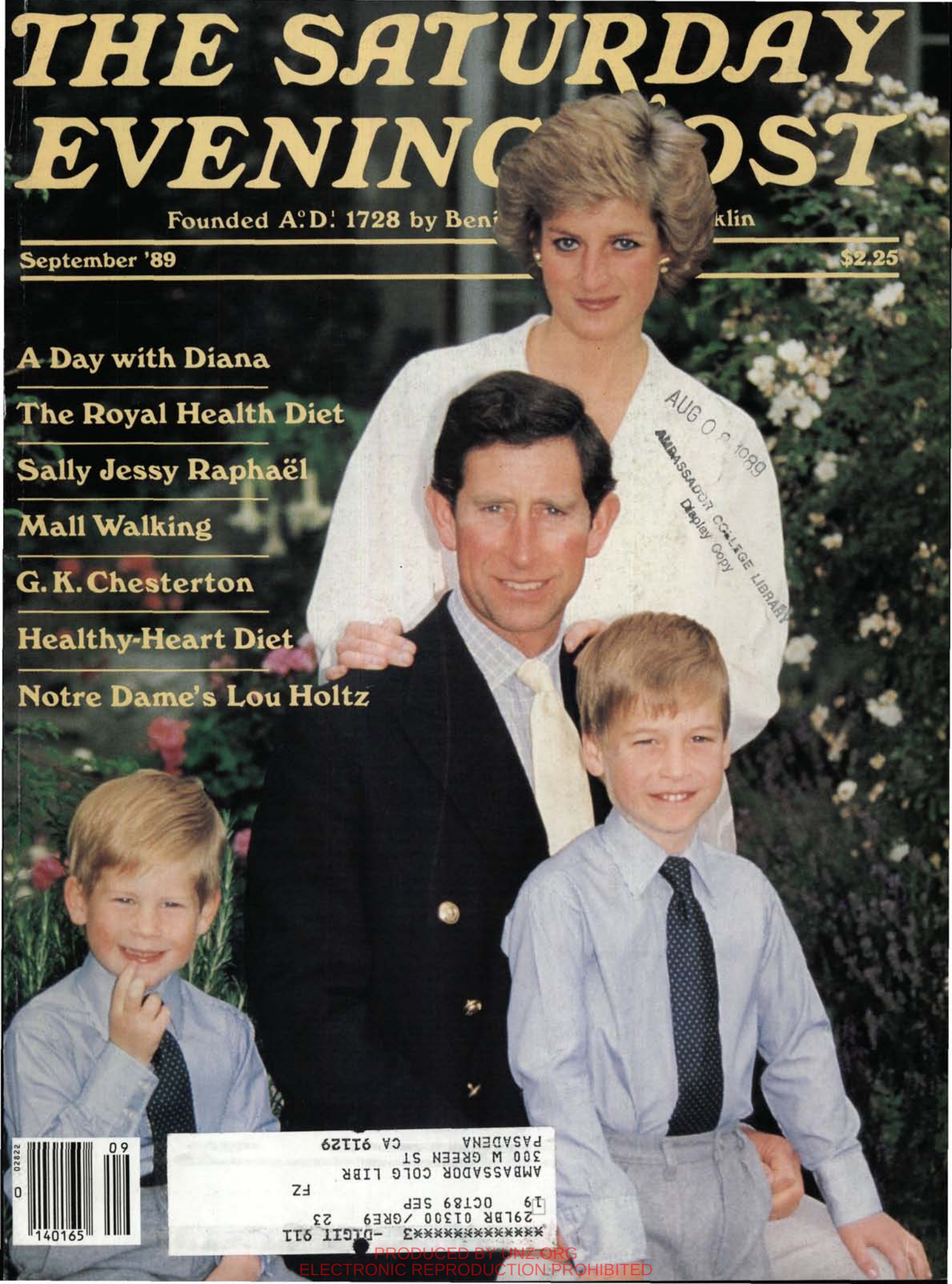
Sally Jessy Raphaël

Mall Walking

G. K. Chesterton

Healthy-Heart Diet

Notre Dame's Lou Holtz



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When she moved away
from the window
I stood in her place
And searched the
morning sky myself.

An empty nest
on a narrow branch
Made me think about
the years ahead
And ask: Am I doing
enough today
To meet all her needs
tomorrow?

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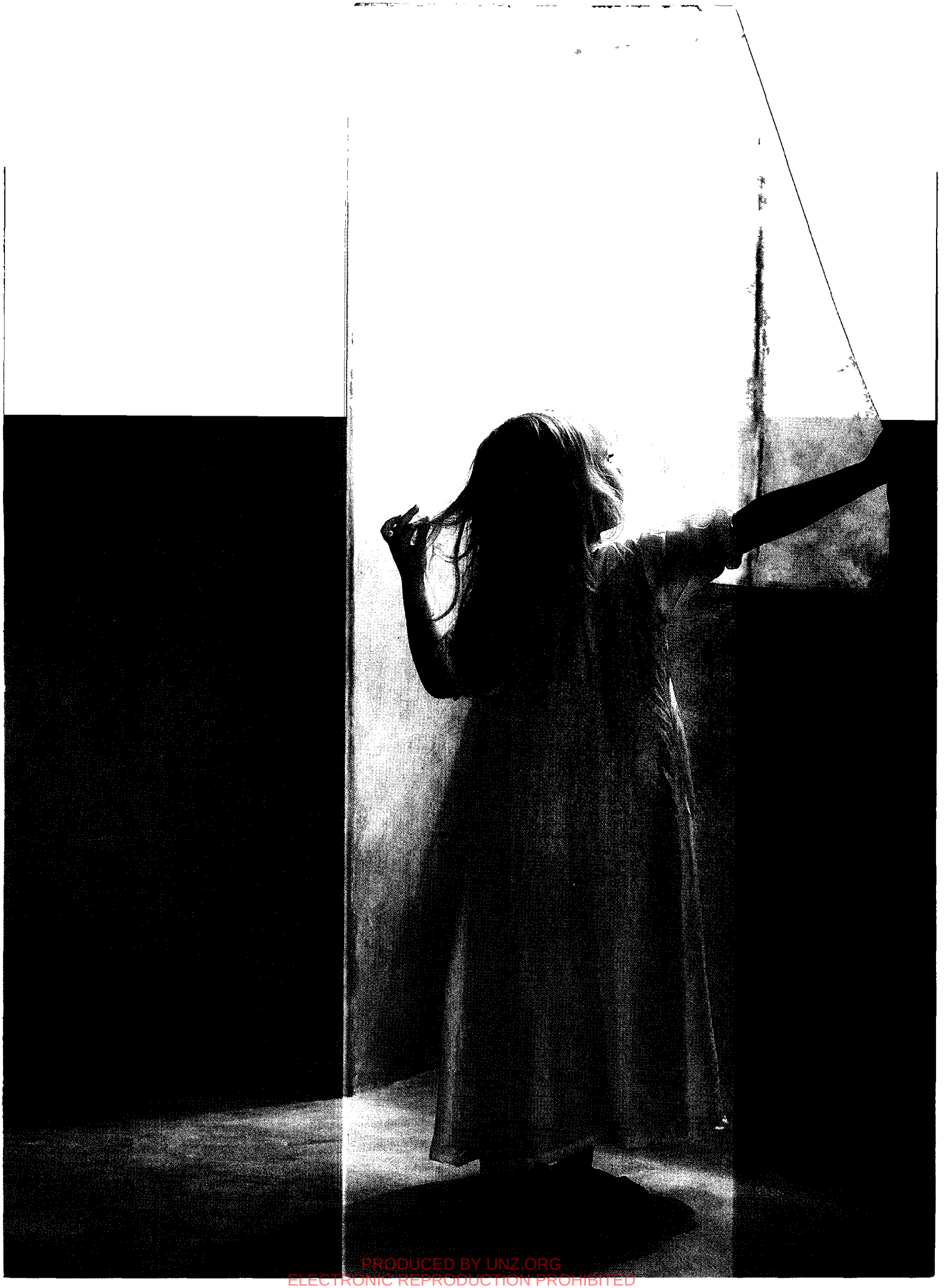

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Charles and Diana—afford a rare glimpse of the royal lifestyle behind the scenes. **42**

"Heart Smart" Children—are eating right, exercising, and learning the CPR technique. **12**

The Gipper Can Rest Easy—thanks to Coach Lou Holtz, who has made the glory of Notre Dame shine again. **52**

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THE SATURDAY EVENING POST

Founded A.D. 1728

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(Cover photo by Jayne Fincher: Photographers International & Outline)

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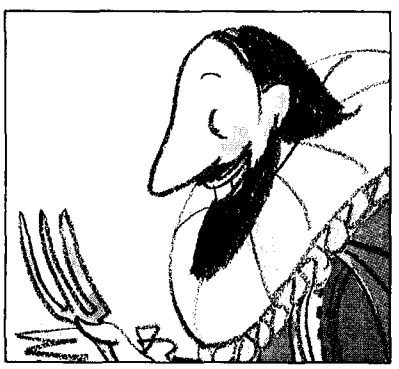
Fired 18 Times—Sally Jessy Raphaël has now reached the heights in her TV- and radio-broadcasting career. **58**

Mall Walking—the daily exercise ritual, may lead to more than just better health. **54**

Murder. Most Foul—puts Father Brown on the trail in G. K. Chesterton's "The Quick One." **48**



Problem with Overeating?—Blame it on an 11th-century Italian invention—the fork. **30**

Letters

Cover-to-Cover Readers

Thank you, thank you for the very best magazine ever published. Each month I can hardly wait for my husband to bring the copy from the office. I read it from cover to cover. Always, there is something to laugh over, cry over, and excellent recipes I can hardly wait to try.

I would like to thank Kay Toews of Hunter, Oklahoma, for her letter (March issue, regarding perfumes). She so ably underscores my sentiments. I pray that you could bring this national problem to the attention of Dr. Frank Young, the head of FDA. Maybe something can be done. If there is any new research being done, maybe you will bring us an article that can help us.

Again, thank you and may God bless you.

Gerry Sawyer
Enid, Oklahoma

Picture This

When I saw the picture on page 26, April '89 issue *SEP,* of Dan Quayle being sworn in as vice president of the United States, I glanced to the lower right corner of the picture expecting to see the signature: N. Rockwell.

Elizabeth Hoppes
Anderson, Indiana

Inquires About McGuires

Thank you for having the McGuire Sisters in your "Post People" column [May/June '89]. I am excited to see that they are making a comeback. They never went out of style as far as I'm concerned.

I had the pleasure of working with the McGuires in 1951 before they made it big in New York. We toured veterans hospitals doing shows. I would appreciate an address where I could write to them. If you publish it I will see it because I read *SEP* from cover to cover.

My many thanks to you for a very informative as well as entertaining magazine.

Ivy Walsh Eskridge
Atlanta, Georgia

Editor's note: You can address your letters to the McGuire Sisters in care of: Sandi Brokaw, The Brokaw Company, 9255 Sunset Blvd., Los Angeles, CA 90069.

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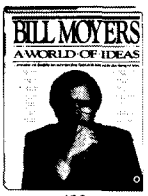

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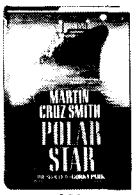

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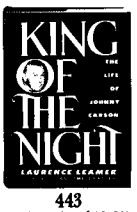

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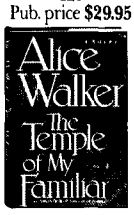

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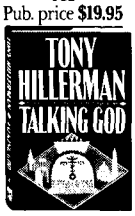

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Some seriously ill people miraculously overcome their afflictions, including cancer. Is there an explanation for such "miracles"? Is it something others can use?

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The well-known lecturer and surgeon explores body-mind communication as a path to self-healing. He tells:

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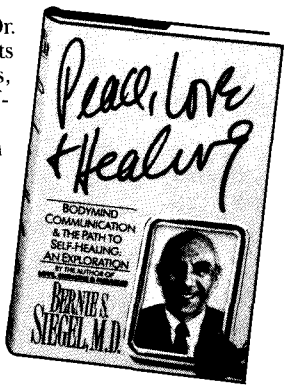
- How to participate in your own care and well-being by reducing conflicts and increasing your self-esteem.



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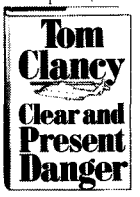

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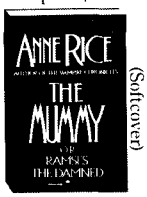

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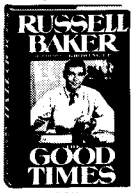

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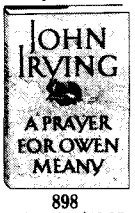

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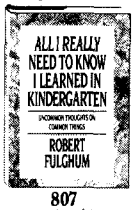

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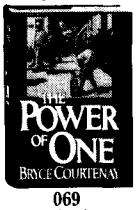

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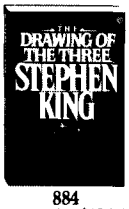

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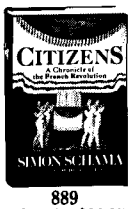

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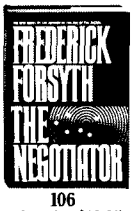

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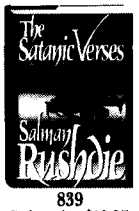

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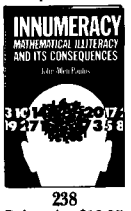

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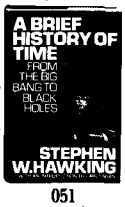

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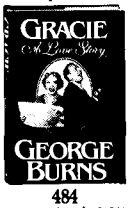

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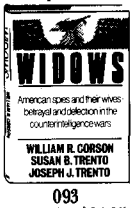
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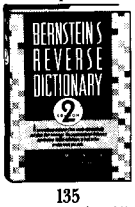

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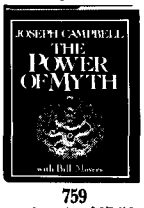

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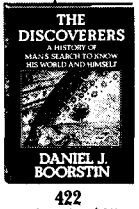

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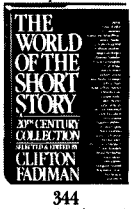

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Send for this model, it will show you how tiny hearing help can be. It is not a real hearing aid and it's yours to keep free. The actual aid weighs less than an eighth of an ounce, and it fits completely into the ear canal.

These models are free, so we suggest you write for yours now. Again, we repeat, there is no cost, and certainly no obligation. All hearing problems are not alike and some cannot be helped by a hearing aid but many can. So, send for your free model now. Thousands have already been mailed, so be sure to send your name, address and phone number today to Department 14643, Beltone Electronics, 4201 West Victoria Street, Chicago, Illinois 60646.

In California, your local authorized Beltone dealer may call.

Cataloging the Contents

I would like to thank the lady, namely Mrs. Chuck Miner, for writing and suggesting some sort of yearly index system [May/June '89]. I too save every issue and have spent much time looking up articles.

Your magazine is tops. Keep up the good work!

Mrs. Eugene This
New Bremen, Ohio

Puffing Up Smoke-Free

I just wanted to take a moment to tell you how much I appreciated your help and cooperation with Smoke-Free [July/August '89]! It far surpassed my dreams for a successful program due in large part to your willingness to support the kids. Your support has meant so much not only to me but to the continued success of the program. The sponsoring organizations are thrilled about the national coverage you have given this event!

It is now our charge to continue the program with successive classes to truly make a smoke-free generation possible. We will continue to display the Smoke-Free Class of 2000 banners as the kids progress to middle school and then high school as a constant reminder of their pledge.

Thanks again for "mobilizing your forces"!

Julie Meek, R.N.
Community Spokesperson for SF Class of 2000
Indianapolis, Indiana

Dream Comes True

My name is Genevieve. I'm the 8-year-old little girl (seated) sharing, with my older sister (Dorothy), a 1912 issue of *The Saturday Evening Post*. Although this picture was taken 77 years ago at the home of my parents' friends, I have several fond memories concerning what took place on that

day. One such memory is the first time I saw *The Saturday Evening Post*. Since I was one of ten children my parents were not in a financial position to offer too many luxuries. Magazines, at that time, were considered a luxury. I truly enjoyed reading *The Saturday Evening Post* and studying all the pictures. It became a pleasant weekly routine for me to visit these friends to read their magazines. Many years have passed, but I still look forward to the very interesting articles and stories offered by *The Saturday Evening Post,* and each time I purchase my new issue I can remember the day I had my picture taken reading, for the first time, a 1912 issue of this magazine. My wonderful and devoted husband, George, and I have been blessed with 5 children, 17 grandchildren, and 17 great-grandchildren, all of whom are loving and very precious. I've always had a special dream that one day while reading my *Saturday Evening Post* I would turn the pages and find this picture featured in the magazine I have enjoyed for so many years. This would be one of my fondest wishes come true.

Genevieve Grabert
Gillett, Wisconsin

Coming Clean

I am writing to commend you for a fine magazine. In this day of poor quality, foul language, and off-color articles, it is refreshing to open your magazine each month and find none of that. I appreciate the encouraging and informative articles. I also am pleased to see your commitment to life in the United States and the continuation of Christian values and morals. Thank you for your effort; keep up the good work.

Judith N. Merriam
Schenectady, New York

Post Graduate

When I was six or seven years old (in 1905), quite a few magazines came to our house. My father read books (some in Greek) and the Bible. My mother and two sisters (much older than I) read newspapers and magazines, as well as books.

I practiced the alphabet by copying its letters from news headlines and practiced reading from anything in print which I could lay hands on.

One of those things was *The Saturday Evening Post*, delivered to us each week for five cents a copy.

Sometimes, if I met the delivery boy on the way to the door, I gave him the nickel I had shaken out of my cast-iron savings bank and, with the magazine in my hand, made for my pet hiding place—the tool shed.

There, perched on an empty box or anything else available, my cat in my lap, I would start at the front and read anything and everything. I was not a very discriminating reader. It was the act of reading which fascinated me at first.

By the time I was in fifth grade at the old Audubon school in Chicago, my tastes were stronger and I read the table of contents first. By the time I had graduated from high school in 1915, the names of certain authors

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were becoming interesting. Eventually that of Mary Roberts Rhinehart set me to turning pages rapidly.

How about some reprints of the oldies?

Gertrude Millard
Vancouver, Washington

Smart Reply

In your "Heart Beat" feature (April) a Bogalusa Heart Study was mentioned. Reference was made to Dr. Berenson's "Heart Smart" program.

Will you please send information on these programs—or addresses with which to contact the people involved?

We have contacted the Children's Better Health Institute regarding its Fitness Fair concept.

Thank you for featuring such important information! Nutrition needs to be lifelong learning—not just a remedy for poor health late in life.

I appreciate your informative articles and super-healthy recipes.

Mary E. Ormond
Curriculum Supervisor
Logan County Schools
Bellefontaine, Ohio

Address inquiries to: Dr. Gerald S. Berenson, School of Medicine, Louisiana State University, 1542 Tulane Ave., New Orleans, LA 70112.

For Fitness Fair materials, send requests to: Children's Better Health Institute, 1100 Waterway Blvd., Indianapolis, IN 46202.

Mason: An Odd Fellow

This is in response to the March article "The Yiddish Will Rogers."

Jackie Mason is a living example of the adage that "if you tell a joke long enough and often enough people are eventually going to like it." I'm glad Mason had the perseverance to remain a comedian during the tough and trying times, as the world would be a far less funny place without his unique brand of humor. Though the object of a comedian is to make us laugh, being one is sometimes anything but funny, as it has to be one of the most difficult, frustrating, and challenging professions known to man. A comedian has to endlessly travel from town to town like a vagabond, appearing in cramped, smoke-filled nightclubs before tired, often unappreciative, and highly demanding audiences. A comedian quickly learns that sometimes pulling a tooth out may be easier than trying to make someone laugh. Worse yet, he has to continuously listen to his own jokes.

Kenneth L. Zimmerman
Cypress, California

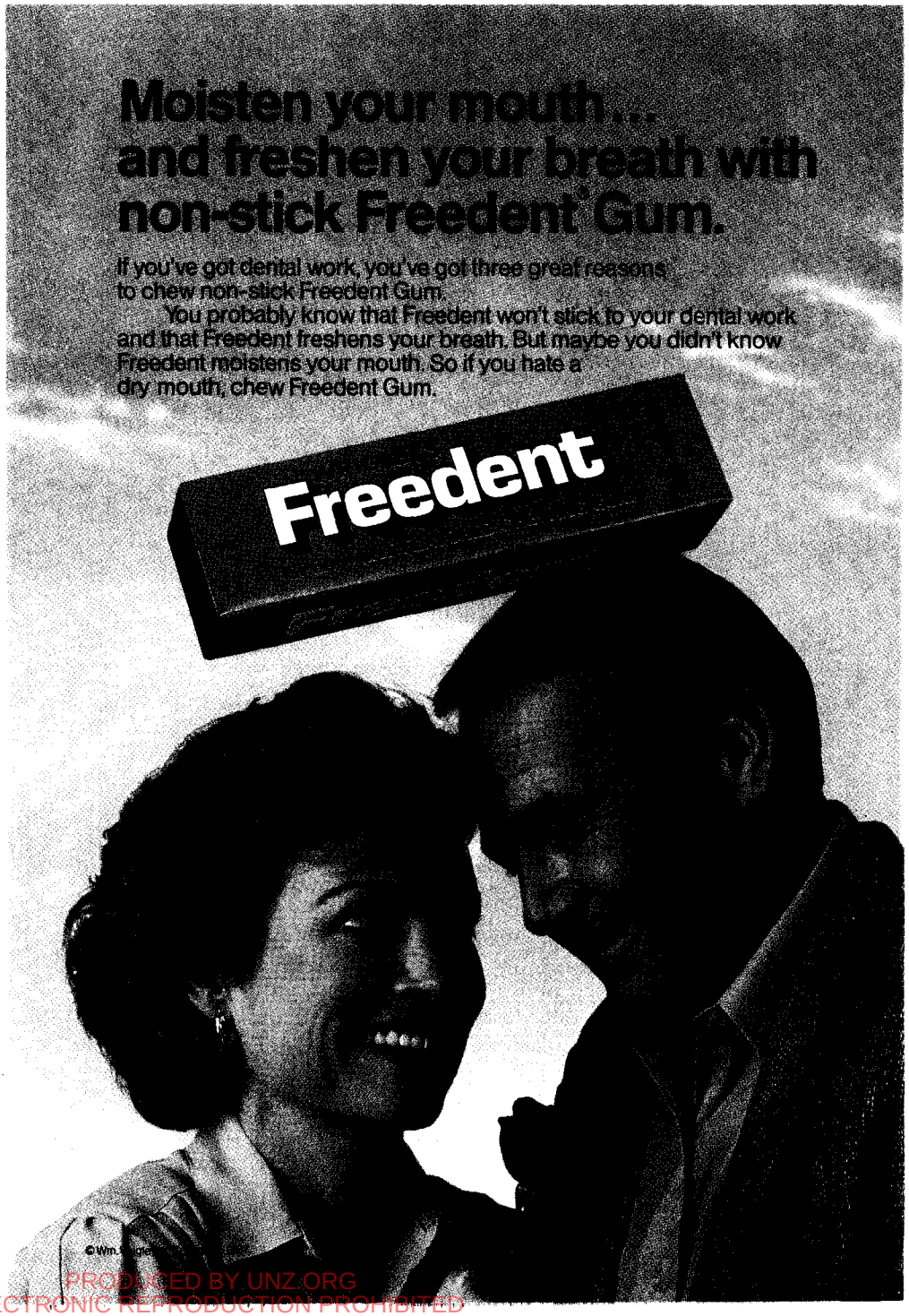
Fact of the Matter

I am quite puzzled by Dr. Broder's remark that, as late as 1919, lung cancer was virtually unknown here [May/June '89 *Post*]. Use of tobacco was far more widespread and heavy than now. There was no pollution control or protection for workers in the coal, asbestos, or textile industries. My impression is that cigarettes were in widespread use. Women probably smoked much less, but snuff and "chaw" were common among the poor.

What, then, caused the change?

Lawrence DeMott
Willimantic, Connecticut

Editor's note: You may have noticed smoking in 1919, but you probably wouldn't have found many persons around at that time who had been smoking a pack a day for the prior 20 years. There is a delay from the time smoking begins and cancer and heart disease become evident. "Chaw" wouldn't cause much lung cancer.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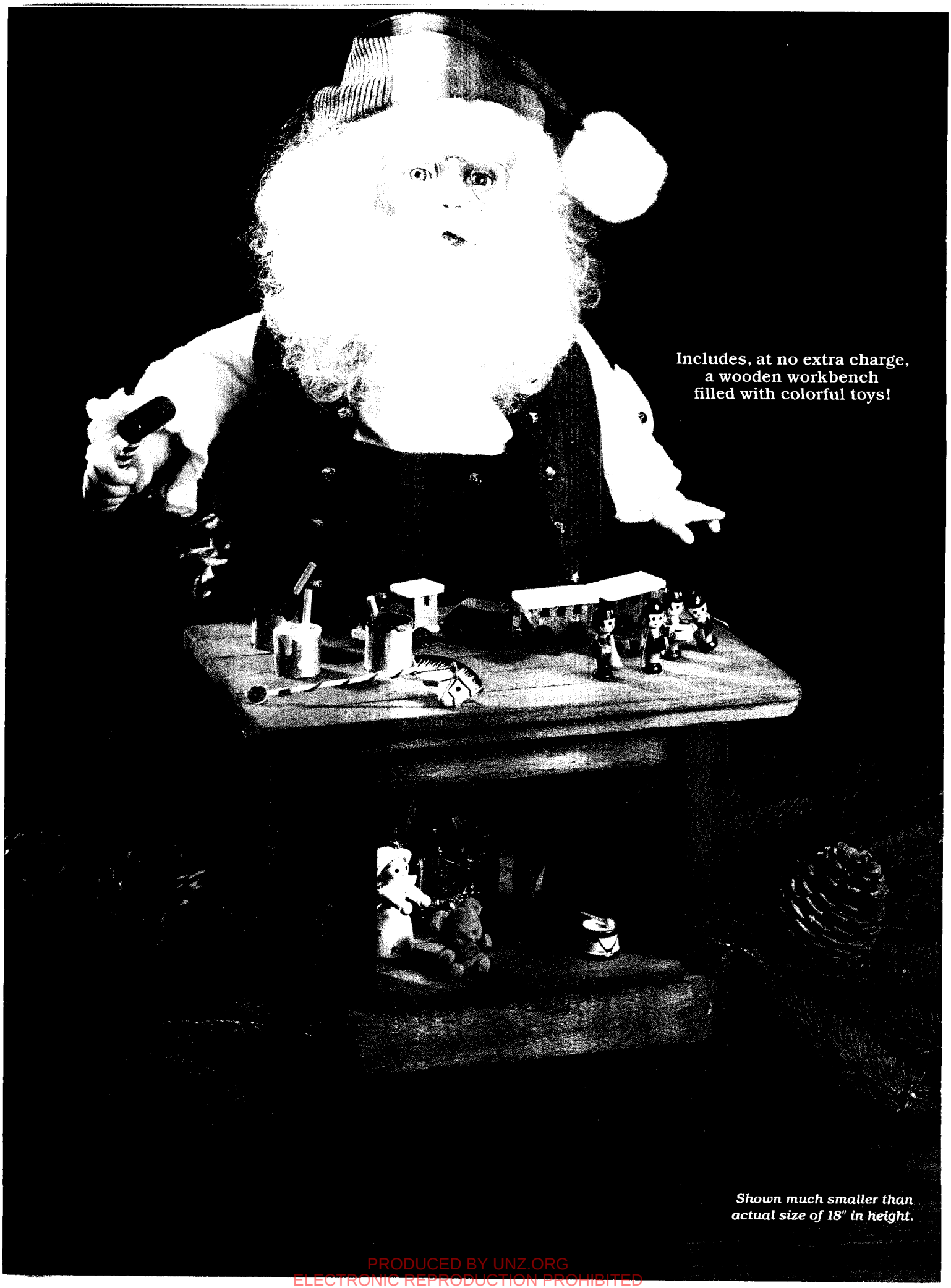
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You can bank on Dr. Broder's facts. The increase in women's lung cancer tragically parallels their first heavy smoking, 20 years earlier.

AIDS Testing Needed

Thanks for publishing Cal Skinner's letter [May/June '89] about the illogical cry for repeal of the Illinois premarital AIDS testing law.

Those who claim the AIDS testing isn't cost-effective neglect to consider that physician office visits and syphilis screening are now required in Illinois premaritally, regardless of screening for AIDS.

The average charge for the ELISA HIV test more accurately determines the cost of premarital AIDS screening in Illinois. Those who complain cite the $60 fee that was common in 1987. The requirement for premarital HIV screening in Illinois since January 1, 1988, has increased the demand for this test. The increased use of HIV screening since then has put competitive pressures on the commercial laboratories offering the test to decrease their price to physicians. Most physicians can obtain the test for a cost of $10. Any charge to patients above $25 for the test appears inappropriately excessive.

A recent study determined that average lifetime costs for HIV-infected children approach $100,000. As earlier intervention and more effective HIV therapy become available, this cost will unquestionably increase. One child in the report had incurred medical costs in excess of $500,000.

Preventing the birth of an HIV-infected infant will more than compensate for the expense and inconvenience of premarital HIV screening. The cost-effectiveness of premarital HIV screening will certainly improve as the HIV epidemic inevitably increases its spread into the heterosexual population. To confirm that your lifelong partner and potential children are free of this devastating infection is a rational goal. A couple's small investment to accomplish this would surely be a prudent one.

To date, 28 marriage-license applicants with the AIDS virus have been *reported* in Illinois. There may have been more cases that were not reported by private doctors. Nearly half those reported were women.

Joseph M. Mercola, D.O.
1443 West Schaumburg
Schaumburg, Illinois

The reported HIV-infection rate among marriage-license applicants in Illinois is slightly higher (one in 6,429) than the reported HIV-infection rate in California blood donors (one in 6,670).

Would any public health officials seriously suggest ending the testing of blood donors because "not enough infections have been found in that manner"?

Penny Pullen
22 Main Street
Park Ridge, Illinois

Premarital testing for AIDS is a beneficial endeavor for the following reasons:

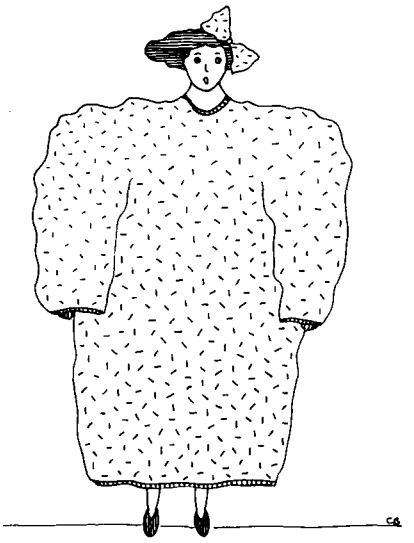
First, the possession of test-result information may protect the uninfected spouse from becoming infected.

Second, the test results, if positive, may encourage an infected would-be parent to think twice before conceiving a child that would be born with the deadly AIDS virus.

Third, this knowledge could prompt the infected spouse to seek appropriate treatment and thus possibly prolong his or her life.

By working to eliminate premarital tests for AIDS, Illinois legislators have, in effect, declared that saving the cost of a $35 test is more important than saving human lives.

James H. Andersen, M.D.
Oak Brook, Illinois



Beth was no fool. She didn't care how beautiful the saleslady said she looked. Finally, she knew something didn't look right.

"If you haven't been taking your vitamins, what have you been doing with them?"

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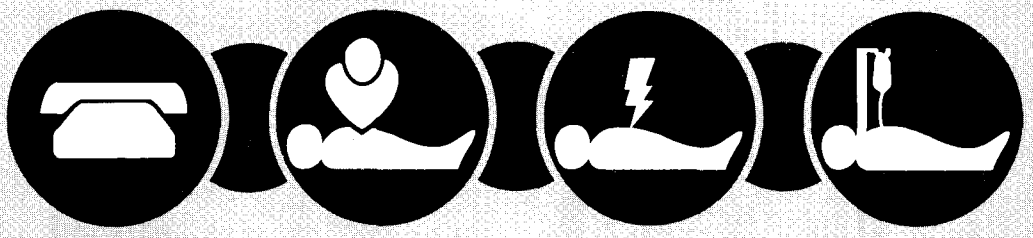
THE CHAIN OF SURVIVAL



Early Access.

Time is the most critical factor in combatting sudden cardiac arrest. Even seconds are precious.

It's vital that people in your community be educated to immediately recognize the signs of a heart attack. The faster they can call for Emergency Medical Services (EMS), the greater the victim's chances of survival.

Early CPR.

After calling for help, CPR needs to be immediately performed on cardiac arrest victims. If they receive CPR within four minutes, there is a better chance of survival than if no CPR is given.

Early Defibrillation.

Rapid application of defibrillation cannot be overemphasized. If the victim receives **CPR** within four minutes **and defibrillation** within 8-12 minutes, there is a significantly better chance the victim will survive than if they receive just CPR.

One of the **keys to rapid defibrillation** is to have first responders and EMT's available with defibrillators that are simple to operate. Heartstart defibrillators help to ensure that more people can be trained and equipped to respond to cardiac arrest emergencies.

Early ACLS.

The fourth link in the Chain of Survival is Advanced Cardiac Life Support.

Advanced care such as medications and airway stabilization by pre-hospital paramedic or rapid in-hospital care, increases the chances of survival even further.

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HEARTBEAT

The Healthy Heart Report

THE BATTLE AGAINST HEART DISEASE BEGINS WITH CHILDREN

The pressure is on adults to make children "heart smart" about the health factors they can control.

Twenty-eight third graders bounded into the music room of Crooked Creek Elementary School under the watchful eyes of their teacher, Barbara Applegate, and their principal, Norm Foust. It was 10:30 a.m., and this was the part of the morning they had anticipated. They divided into clusters of seven; then they dropped to their knees and encircled their "victim."

"Do you remember what you do first?" a woman dressed in hospital whites asked.

"Send for help," a serious eight-year-old named Heather piped up. "Call 911."

"And then?"

Mark Jansen, nine, learned CPR in Boy Scouts. Using a mechanical model, he shows how to open the airway by tilting the head back. Mark's father, Dr. Jan Jansen, came from the Netherlands to teach bone-marrow transplantation for leukemia victims at Indiana University.

Photos by Darryl Jones

Nurse Chris Kutruff and Dr. SerVaas explain how chest compressions vary from adult to child. The chest should be compressed approximately 1½ to 2 inches on an adult, which is about 90 pounds of pressure if you want to practice on a bathroom scale. One-inch compressions are enough to circulate blood in a small child. A baby is tapped with two fingers in compressions of approximately ½ inch.

"Check to see if her heart is beating and if she's breathing," replied a little boy in a T-shirt with the message "Growing with Riley."

The T-shirt is a tip-off why the students are so savvy in matters of the heart. Riley, in this case, is the James Whitcomb Riley Hospital for Children in Indianapolis. The hospital and the school are linked by a "Partners in Education" program that provides hospital tours and special speakers for the kids, CPR training for the teachers, and the pooling of efforts for the hospital's annual telethon. Because of Crooked Creek's interest in good health, its third graders were asked if they would like to participate in CPR-awareness classes sponsored by the Children's Better Health Institute (CBHI). Their response? A resounding yes. Four half-hour sessions were designed to introduce the students to Resusci Anne, the lifelike mannequin used in CPR training, and to teach them how to respond to an emergency.

"Work as a team," cautioned Chris Kutruff, R.N., who oversaw the group practicing on Resusci Baby. "Does anyone have a baby sister or brother at home?" Three hands shot up in response.

"I have a little cousin named Shannon," one volunteer replied.

"O.K.," Chris said. "Now let's

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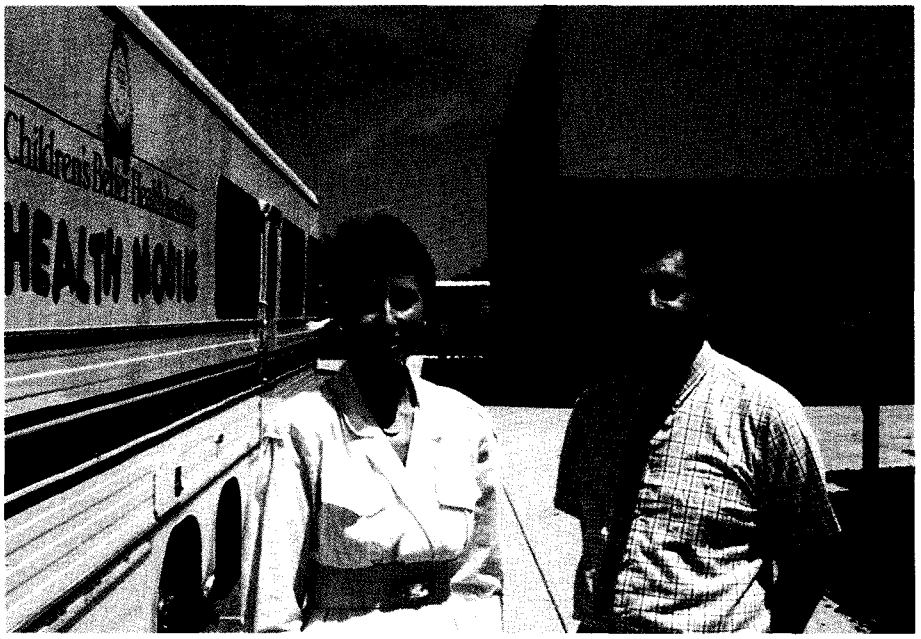
pretend that this is Shannon and she needs help." When the mannequin took on a familiar identity, the children's touch became noticeably more gentle.

Increasing Heart Awareness

Programs such as those sponsored by Riley Hospital and the CBHI are typical of current efforts to increase heart awareness among children. Recent studies have shown heart disease present in preschoolers as young as age 3, and one-third of all youngsters 2 to 18 years old are estimated to have elevated cholesterol levels. The pressure is on adults to make kids "heart smart" about health factors kids can control. These controllable factors include blood cholesterol, blood pressure, and weight, as well as tobacco use. Teachers, parents, and the medical community are looking for innovative ways to promote prevention and advocate abstinence from fatty foods, cigarettes, and other habit-forming offenders.

"School districts are not sitting by idly and watching their students' futures go up in smoke," says Thomas Shannon, executive director of the National School Boards Association. The NSBA has set an objective of a tobacco-free young America by the year 2000. Toward its accomplishment, 95 percent of all school districts in the country have written policies limiting tobacco smoking in the schools. Many of these same schools are introducing CPR into their health curriculums and introducing high-fiber and low-fat menus to their foods and nutrition classes. Among elementary school students, diet modification—replacing eggs with whole-grain cereal and trading hot dogs for turkey clubs—is the first step in altering what doctors call "lifestyle factors."

"A strong case can be made for the prevention of atherosclerosis, even in childhood," says Frank A. Franklin, a researcher at Louisiana State University. The Bogalusa Heart Study, a long-term project of LSU that focuses on heart disease in children, has indicated that cholesterol levels can be projected from childhood into adulthood. A certain measurement usually retains the same rank order as a youngster ages; a child with a high blood cholesterol level is at greater risk for a high level in the future. And of course high cholesterol levels are a major contributor to heart disease.



Linda Sauer and Norm Foust, assistant principal and principal at Crooked Creek Elementary School in Indianapolis, welcomed our staff to teach third graders CPR. School was nearly out for the summer and we couldn't teach them all, but we promised to come back and instruct the remaining students as fourth graders this fall.

But how high is "high"? At birth, the blood cholesterol level generally is around 70. It increases steadily from then on. The American Health Foundation considers a level of 140 to 150 mg/dl to be safe for children. Though there isn't a consensus, a moderately high level is thought to range from 176 to 199, and any measurement exceeding 200 would be considered extremely high. The American Heart Association and the American Academy of Pediatrics have several sensible recommendations for managing high cholesterol levels in children.

—If the cholesterol level is normal, good health practices are suggested: plenty of exercise, a moderate diet, and no smoking. The cholesterol test should be repeated in three years.

—For moderately elevated cholesterol levels, children should lower their intake of dietary fat with the goal of bringing the total cholesterol level below 170. Annual tests should be scheduled.

—For high cholesterol levels, modifying the diet is urgent. The entire family should undergo the test and immediately shift to a low-fat diet.

By correcting eating habits, children can reduce their cholesterol

Using the adult-size mannequin, children practice CPR under the supervision of an emergency medical technician. They are learning where to place their hands and how much pressure to exert. Most eight-year-olds have enough strength to circulate the blood in an adult.

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SHE HAS HER MOTHER'S EYES. AND HER FATHER'S CHOLESTEROL.

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IT'S NOT A NEW PROBLEM.

It's not even uncommon. The fact is that some 30% of American children have abnormally high serum cholesterol levels—that's nearly one out of three. Left untreated, these kids are at increased risk of developing coronary heart disease later in life.

More often than not, the culprit is diet.

THE AVERAGE AMERICAN CHILD EATS TOO MUCH FAT AND CHOLESTEROL.

Way too much. The American Health Foundation recommends that children over two limit fat intake to 30% of total calories with saturated fat accounting for no more than 10%. Cholesterol should not exceed 300 mgs. per day.

AS A PARENT, YOU NEED TO SET A GOOD EXAMPLE.

Try to restrict fatty and fried foods. Opt instead for lean meats and fish, low-fat dairy products, whole grain breads and cereals. For snacks, fresh fruits and vegetables are always a good bet.

YOU CAN BEGIN AT BREAKFAST:

Whole grain cereal, skim milk, toast, fresh fruit—you get the idea.

We encourage you to ask your doctor or write for more details. Because the best thing you can give your kid is a good start.

For more information on lowering your blood cholesterol level and coupons for Kellogg's cereals, write to: Kellogg's Healthy Life, P.O. Box 1989, Battle Creek, MI 49016-1989. Please allow 60 days for delivery.

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levels by 10 to 15 percent. And they can cut calories and trim excessive weight, another contributor to heart disease.

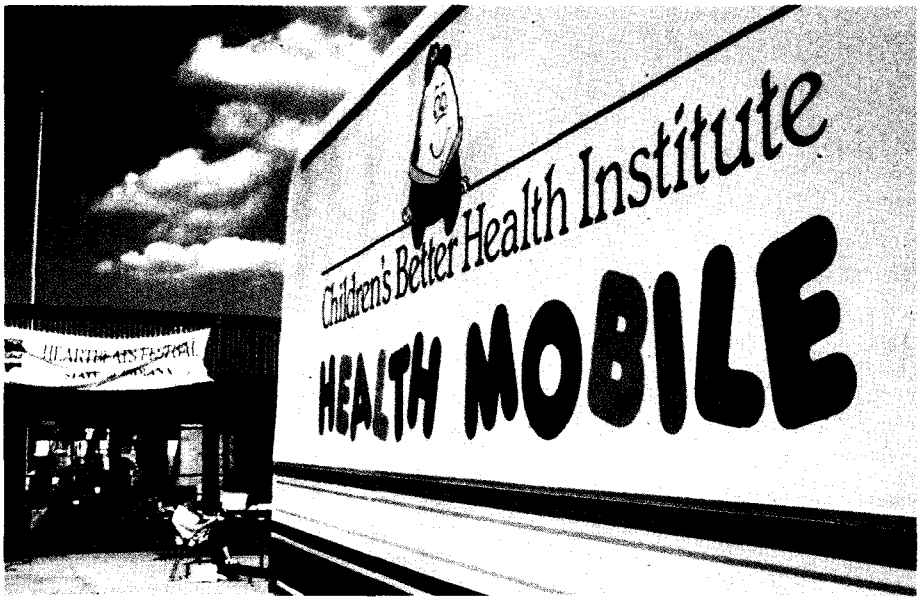
"Obesity adds to whatever your genetic [cholesterol] predisposition is," LSU's Frank Franklin explains. Unfortunately, obesity among children is on the upswing. Between 1963 and 1980, it increased 54 percent in youngsters aged 8 to 11, and 39 percent in teens aged 12 to 17. Linked to this surge in weight gain was a loss of interest in exercise. As of 1984, fewer than 60 percent of youths aged 10 to 18 were getting the minimum amount of exercise needed for healthy hearts.

No matter what a child's weight or cholesterol level might be, parents have everything to gain by reducing the amount of fat in the family's diet. The calories of typical American diets are 40 percent or more fat; 30 percent would be much better for the arteries at any age. The basic elements of a healthful diet for children over two and their parents are well-known: fish, poultry, or lean meat that is broiled, roasted, or baked rather than fried; low-fat milk; minimal amounts of dairy products containing whole cream; tub margarine; olive oil and safflower oil; whole-grain breads and cereals; and fruits and vegetables.

Consistency is vital. The same healthful foods served at the family dinner table should be available at the school cafeteria and should be on hand at Grandma and Grandpa's house—even if Grandma and Grandpa live at 1600 Pennsylvania Avenue.

Reducing Fat and Cholesterol

First Lady Barbara Bush is among millions of Americans serving "heart smart" foods to their families. Even before moving into the White House early this year, Mrs. Bush placed an order with the White House kitchen for high-fiber bran muffins. She was determined to have healthful food available for her children and grandchildren. The first lady's recipe calls for skim milk, safflower oil, and miller's bran. She told the White House chef to "make plenty and freeze them." Although the muffins were for private consumption, Phyllis C. Richman, a food writer for the *Washington Post*, published Mrs. Bush's recipe in her column "Richman's Table," and these delicious muffins are now appearing on other tables in the Washington, D.C., area.



The HEALTH MOBILE brought cholesterol testing to the Heartbeats Health Festival held in June at the Major Taylor Velodrome, a bicycle-racing facility in Indianapolis.

After several months of bran muffins for every breakfast, the Bushes have slacked off a bit, Richman reports. But the kitchen always has some on hand to defrost as needed.

In addition to the muffins, Richman says, the Bushes often dine on what the White House sous-chef Frank Ruta calls "grandchildren stuff." At frequent poolside get-togethers, the first family chows down on chicken and salad with extra drumsticks for the grandchildren. Meals have been lightened by eliminating desserts. Often a hearty soup, homemade bread, and salad will do for a first-family dinner.

Trimming fat by executive order is one way to prevent future heart disease. Experts say if all families did so, national healthcare costs could be drastically cut. Everyone benefits from less dietary fat and more fiber, especially children whose youthful

While cyclists raced around the oval track and competed for prizes, their children, who reported to the HEALTH MOBILE for screening tests, were competing for low cholesterol readings. About 20 percent of those tested exceeded the 176 mg/dl level.

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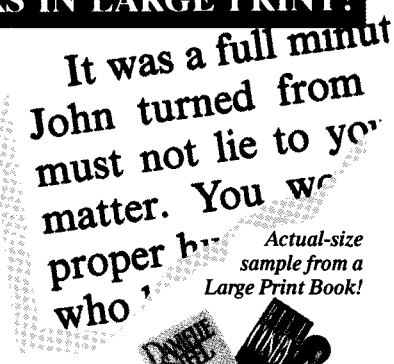

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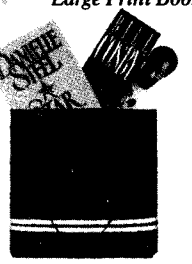

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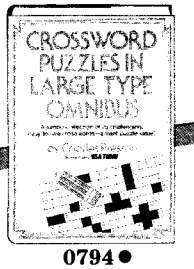

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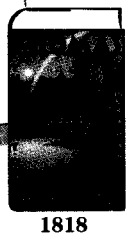
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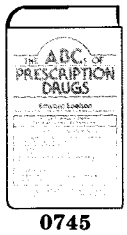

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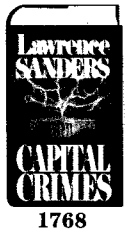

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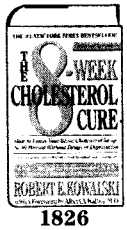

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HEARTBEAT

eating habits will affect their health as adults.

Youngsters aged 6 to 11 should consume no more than 22 grams of saturated fat daily—about the amount of fat in two Big Macs with fries. Boys aged 12 to 17 should have no more than 30 grams of saturated fat, and girls 12 to 17 no more than 24 grams of saturated fat daily. No child should eat more than 300 milligrams of cholesterol daily—about the amount in one large egg.

How to get the fat out? Begin with breakfast. Oat bran in pancakes and waffles can help keep cholesterol away. For a quick morning meal, Oat-Bran Smoothies, made from nonfat milk and fruit, provide plenty of nutrition to start the day.

For lunches, bring out the beans for delicious soups with lots of cholesterol-fighting soluble fiber. For extra protein add Leanies, Soy Boy, Tofu Pups, Tempeh Works, or some other brand of nonmeat hot dog to your soup.

Desserts are a more complicated matter, but you don't have to do away with them completely, as some of the following recipes show. Desserts can be low in fat and good sources of fiber too.

We begin with Barbara Bush's own bran muffins, in a reduced version—she makes hers in batches of 4½ dozen!

Barbara Bush's
High-Fiber Bran Muffins
(Makes 1½ dozen)

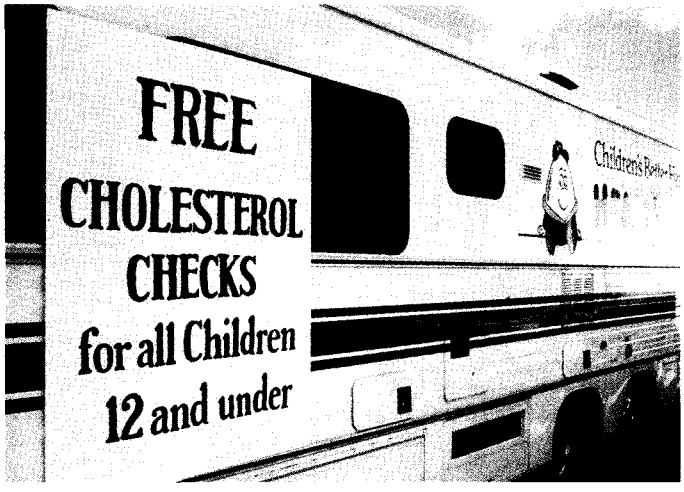
2½ cups whole-wheat flour
3 cups miller's bran
1 teaspoon salt
1 tablespoon baking powder
1 cup raisins
5 eggs
1 cup honey
1 pint skim milk
½ cup safflower oil
1 teaspoon pure vanilla extract

In bowl mix flour, bran, salt, baking powder, and raisins. Add remaining ingredients and stir until blended. Spoon into lightly greased muffin pan and bake at 375° F. 20 minutes or until muffin tests done.

Oat-Bran Smoothies
(Makes 2 servings)

2 cups cold *nonfat milk*
⅔ cup oat bran
1 cup frozen strawberries, bananas, peaches, or pears
2 teaspoons pure vanilla or almond extract
1 tablespoon honey
Dash cinnamon or nutmeg

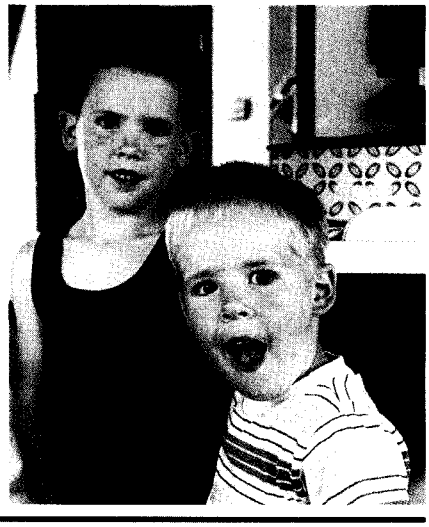
Blend all ingredients except cinnamon or nutmeg together in blender 6



Eastman Kodak computerized equipment on the HEALTH MOBILE issues accurate cholesterol readings in minutes.

Parents are eager to have their children's cholesterol tested. Early signs of future heart disease have been detected in toddlers.

Jon and Josh Kitzmann of Indianapolis look on as the HEALTH MOBILE's phlebotomist, Andy Burnett, draws blood for a cholesterol check on their older brother, Jeremy (left). The boys' cholesterol levels were all O.K. As for the trauma of having their fingers pricked: "Aw, shucks. That wasn't bad," the boys said afterward (right).



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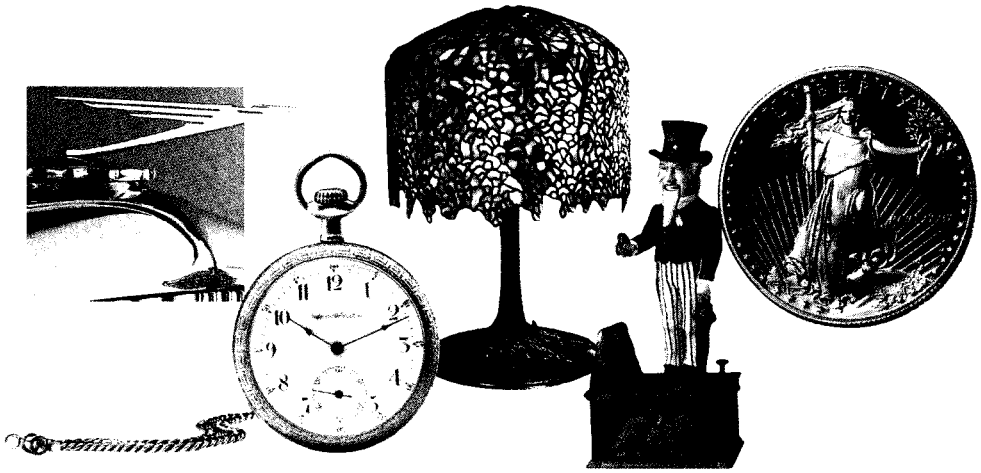
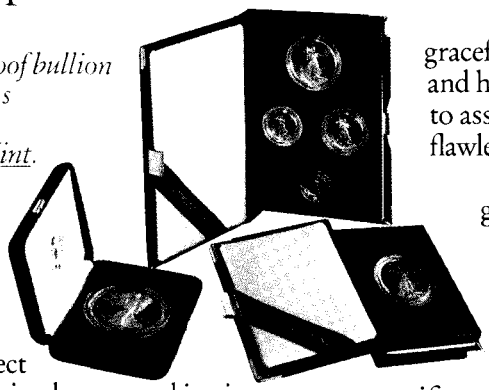
What do uncommon collectibles have in common?



Enduring beauty. Superb craftsmanship. And the pride of the artisans who created them.

Introducing 1989 American Eagle proof bullion gold and silver coins —exclusively from the United States Mint.



If you've ever owned fine collectibles, or admired those of friends or associates, you already know how rewarding 1989 American Eagle proof coins will be.

These fine collectibles will reflect your appreciation of not only enduring beauty and intricate detailing—but the hard work and pride that went into them.

Beyond that, American Eagle proof coins' unique heritage sets them apart from even the finest collectibles ... and speaks to us *as Americans* in a way few other collectibles can.

1989 Proof Eagles revive images from America's "Gilded Age." On the gold coins is Augustus Saint-Gaudens' "Liberty"—a design that inspired President Theodore Roosevelt to call the 1907 coin on which it first appeared "... the best coin that has been struck for 2,000 years."

Gracing the silver is A.A. Weinman's celebrated "Walking Liberty," an elegant rendering that first appeared on the silver half dollar minted in 1916.

And these coins' beauty results as much from painstaking workmanship as from graceful images. Our minters prepare, strike and hand-inspect each coin individually to assure that the coins you receive are as flawless as the craft allows.

Coins are available individually in four gold sizes—one ounce, one-half ounce, one-quarter ounce and one-tenth ounce —or you can acquire the Four-Coin Gold Set. Purchase the one ounce Silver Dollar separately.

But you must act quickly! These magnificent coins will be struck only to order—*exclusively on orders postmarked by September 29, 1989.* To reserve your coins, simply fill in and mail the coupon below.

UNITED STATES MINT

These are *collector's proof* versions of American Eagle bullion coins traded by investors. The gold coins contain small amounts of silver and copper, added for durability. The proof silver coin is one troy ounce of .999 silver.

Specifications			
coin	bullion content (troy oz.)	weight (troy oz.)	diameter (inches)
gold one ounce	1.0000	1.0909	1.287
one-half ounce	.5000	.5455	1.063
one-quarter ounce	.2500	.2727	.866
one-tenth ounce	.1000	.1091	.650
silver one ounce	.999	1.0000	1.598

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G59		1989 American Eagle Proof Gold Four-Coin Set (One, One-Half, One-Quarter, One-Tenth Ounce)	$1,065.00	
S19		1989 American Eagle Proof Silver (One Ounce)	$ 23.00	
			TOTAL	

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GS9 G937

Delivery is expected to begin in October 1989 and continue for three months. The United States Mint reserves the right to limit quantities shipped, and may discontinue accepting orders. No orders accepted postmarked after September 29, 1989. All sales are final and not subject to refund. Coins may be delivered in multiple shipments.

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seconds or until foamy. Pour into a glass and sprinkle with cinnamon or nutmeg; serve immediately.

Whole-Grain Oatmeal Pancakes
(Makes 12 4-inch pancakes)

1¾ cups skim milk
1 tablespoon honey
1½ cups rolled oats (not instant oatmeal)
1 cup whole-wheat flour
2 teaspoons baking powder
4 large egg whites
¼ cup canola oil

In small bowl, mix milk and honey until honey is dissolved. Add oatmeal and stir to coat evenly; set aside. In another bowl, stir together flour and baking powder. Add oat mixture, egg whites, and 3 tablespoons oil. Stir just until mixed.

In large nonstick skillet, heat remaining tablespoon of oil over medium-high heat. Pour batter, in ¼-cup portions, into skillet. When pancakes are bubbly and have just begun to dry around edges, turn to cook other side. Serve immediately.

15-Bean Soup Recipe
(Makes 8-10 servings)

¼ cup each *northern beans, pinto beans, baby lima beans, black-eyed peas, garbanzos, green split peas, navy beans, red beans, lentils, yellow split peas, pink beans, black beans, cranberry beans, pearl barley, large lima beans* or *1 package (16 oz.) 15-Bean Soup*
4 cups water
1 cup chopped celery
1 cup chopped green pepper
1 cup chopped onions
1 tablespoon sweet basil
½ teaspoon black pepper

Wash beans. Place in pot with water. Add remaining ingredients; cook, covered, 2 hours. Add more water if needed. Season to taste.

Macaroni and Cheese
(Makes 3 servings)

1 package (7 oz.) macaroni and cheese (with powdered cheese-sauce packet)
2 tablespoons skim milk
⅓ cup low-fat sour cream

Cook noodles according to package directions (omit salt). Drain; add milk and sour cream instead of butter called for on package. Mix well to coat evenly. Add contents of cheese-sauce packet; mix well. Serve hot.

Oatmeal Crisps
(Makes 36 squares)

Vegetable oil spray
¼ cup canola oil
¼ cup firmly packed brown sugar
1 teaspoon vanilla extract
2 cups quick-cooking oats
½ teaspoon baking powder
1 teaspoon ground cinnamon
2 tablespoons cold water

Preheat oven to 325° F. Spray 9″ square pan with vegetable oil spray.

In mixing bowl, combine oil, brown sugar, and vanilla. Add oats, baking powder, cinnamon, and water. Mix until blended.

Press mixture firmly into prepared pan. Bake 20-25 minutes, or until edges are golden brown. Cut into 36 squares while hot. Cool in pan. Store in container with loose-fitting lid.

Frozen Grape Treats
(Makes 4 servings)

32 seedless green grapes
32 seedless red grapes

Place individual grapes in flat pan and cover with foil. Freeze at least 2 hours. Put grapes in freezer bag and seal tightly until ready to serve. *Do not bite into frozen grapes;* suck on them and let them thaw in your mouth.

Mrs. Bush, the first lady of literacy, is no slouch when it comes to nutrition either. She reads to her grandchildren; she also feeds them bran muffins to make sure they're getting a high-fiber, low-fat diet. *Post* editors tried her muffins and found them to be the best yet.

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Many symptoms of aging are really symptoms of lack of exercise.

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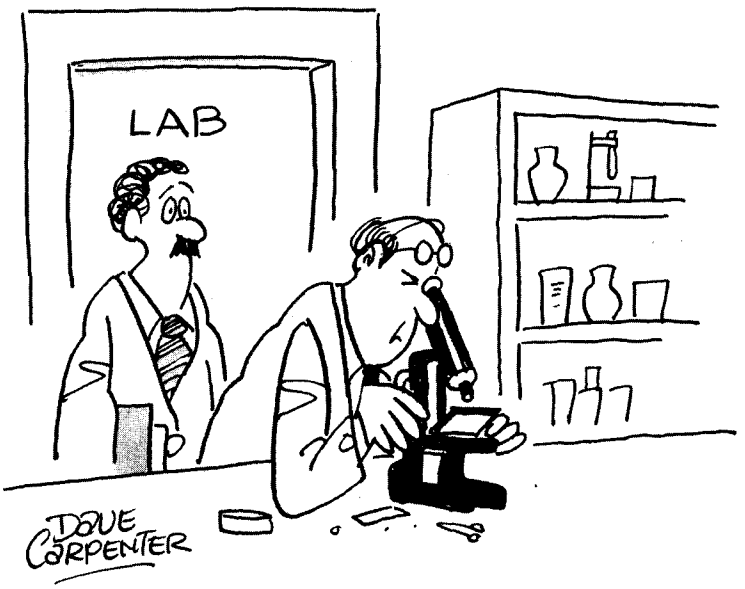
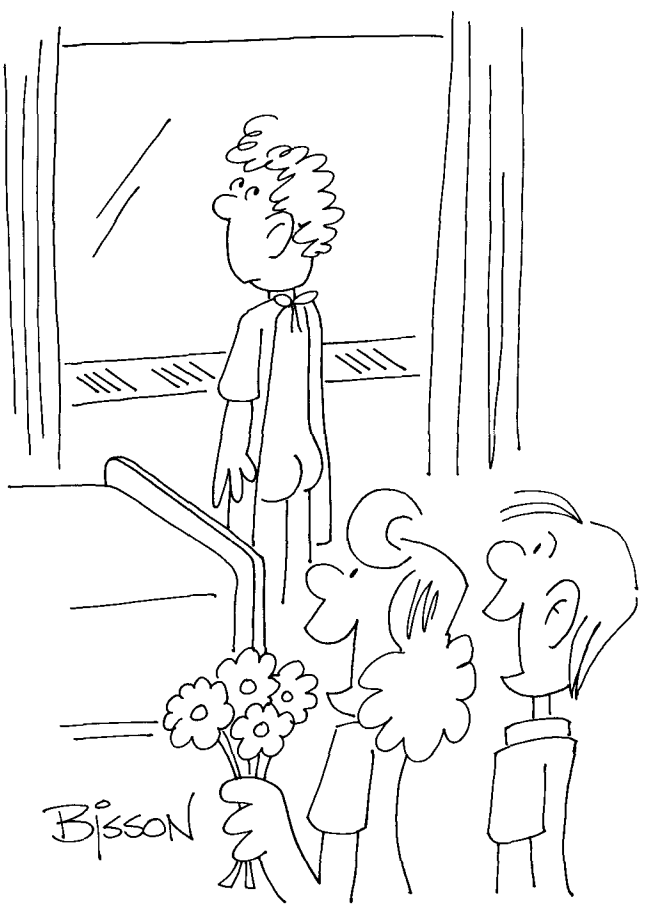
MEDICATED MIRTH



"There's a tiny little door that says, 'Staph Only.'"

"So—how long have you been running this fever?"

"Authentic? It even has malpractice insurance forms and a list of lawyers to contact."



"Hi, Randy!"

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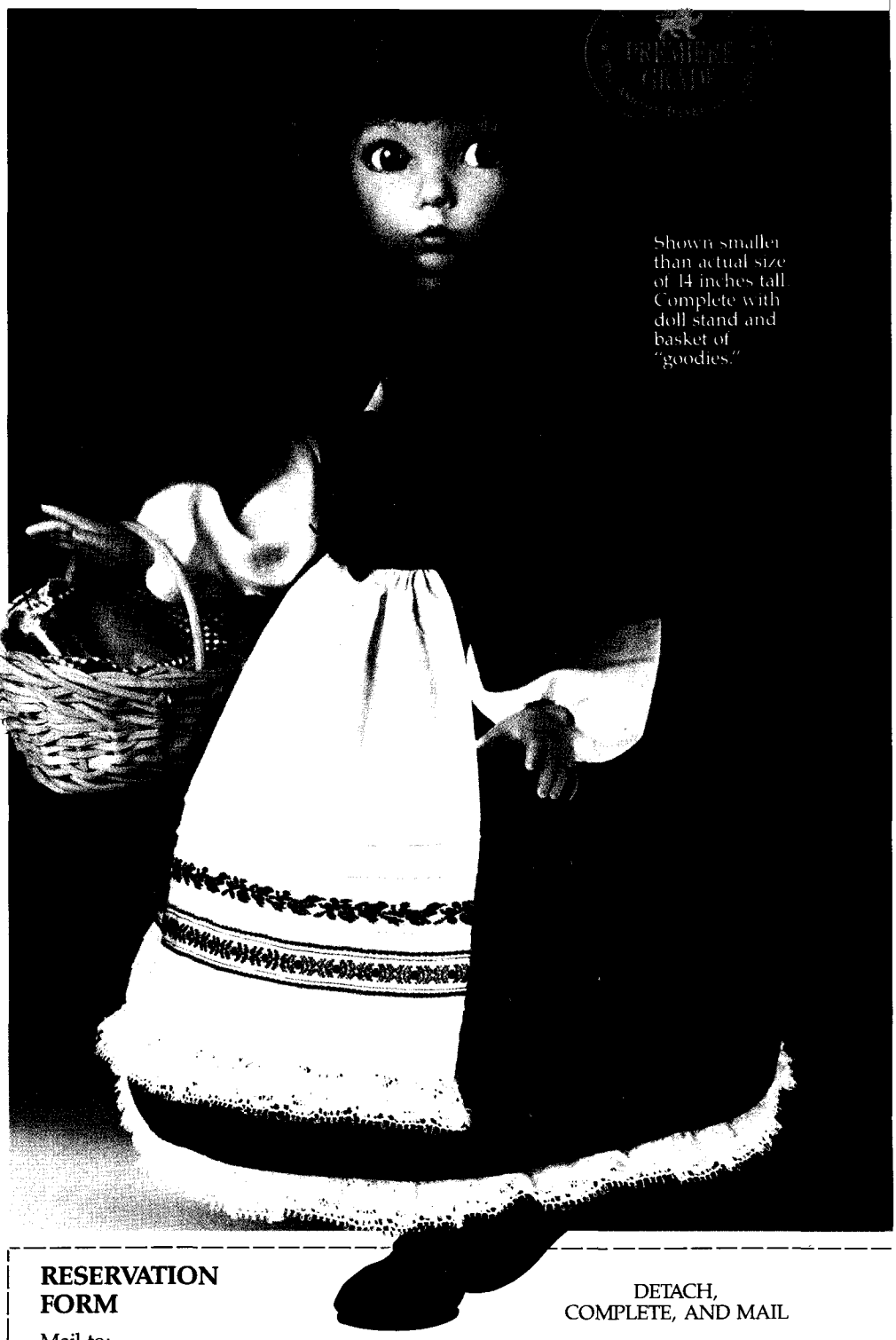
THE ASHTON-DRAKE GALLERIES

Out of a favorite fairy tale comes a well-known friend---

"Little Red Riding Hood"

A brave little heroine brought to life in a limited-edition porcelain doll



Shown smaller than actual size of 14 inches tall. Complete with doll stand and basket of "goodies."

My, what big eyes she has! Soon, she'll exclaim similar words to the cunning wolf who will devour the goodies and more, until a kindly huntsman arrives to save the day. Through the skill of an extraordinary artist, we feel almost as if this brave little girl is really alive and we are beside her, sharing her caution.

"Little Red Riding Hood" is the very first issue in the *Heroines from the Fairy Tale Forests of the Brothers Grimm* collection by artist Dianna Effner. Commissioned by the Knowles China Company, "Little Red Riding Hood" represents the centuries-old tradition of classic character dolls – dolls so treasured, many become heirloom collectibles cherished for generations.

Premiere Grade Rating Plus Investment Potential

The Ashton-Drake Galleries has reviewed "Little Red Riding Hood" against *The Uniform Grading Standards for Dolls*–ten strict criteria used to evaluate artistry and quality. "Red Riding Hood's" distinctive facial sculpture, charming Old-World costume, and unique posing features have helped her earn the Grading Standards' highest rating–Premiere Grade.

Considering her Premiere Grade certification, and the fact that a closed-edition, first-issue doll from Knowles *has increased in value as much as 420%*, we believe "Red Riding Hood's" investment potential is very promising.

An Ashton-Drake Galleries Exclusive

"Little Red Riding Hood" can be yours to cherish for only $68.00. But act promptly. . .this extraordinary doll is issued in a limited edition that will close in 1989. Each doll is hand-numbered and comes with a matching numbered Certificate of Authenticity.

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September 30, 1989

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I understand that I need SEND NO MONEY NOW. I will pay for "Red Riding Hood" in four convenient monthly installments of $17.00* each, the first being billed before shipment of the doll.

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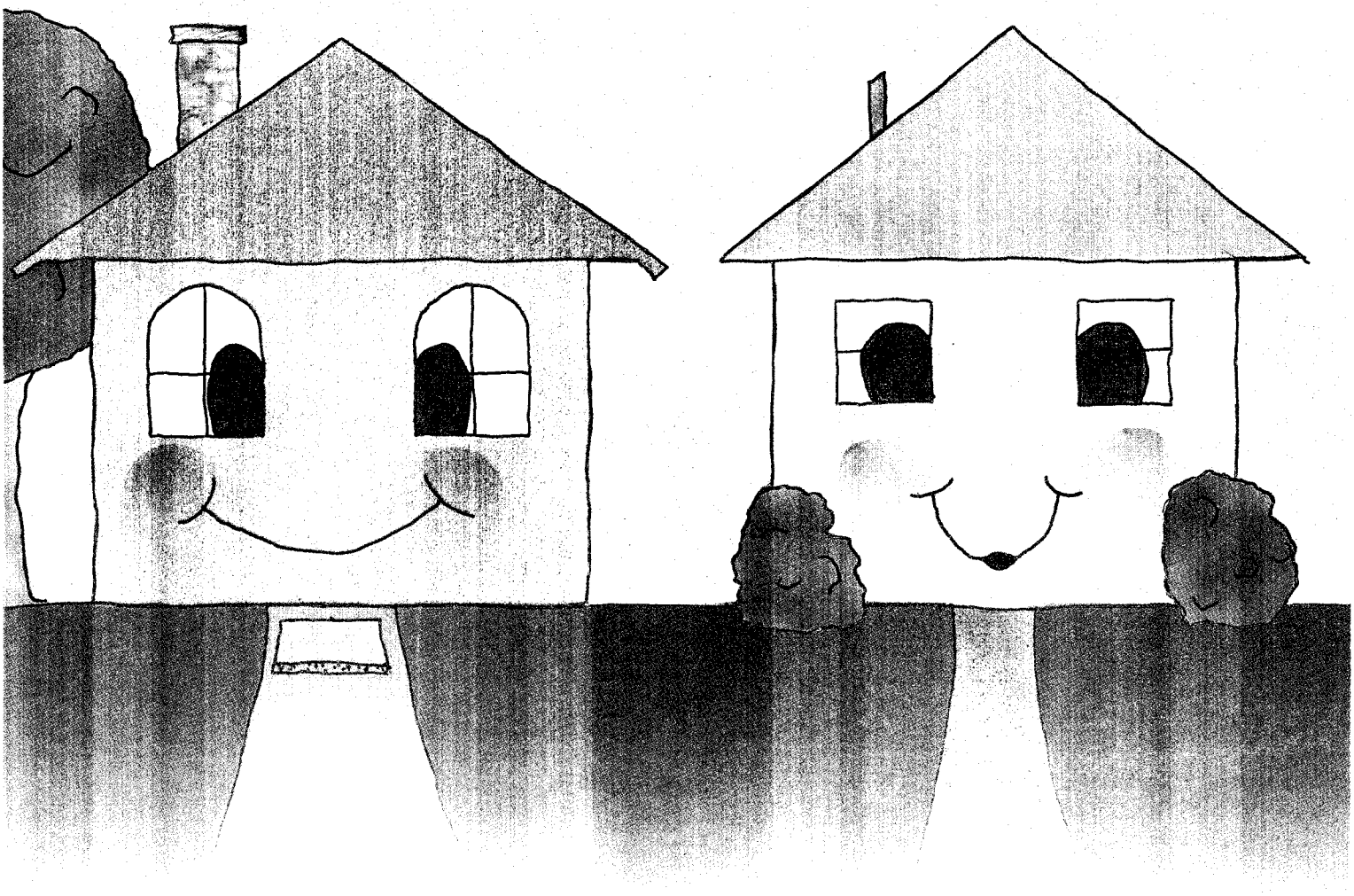

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The Saturday Evening Post addresses health and medical issues like radon gas every month. Its pages are full of articles on travel, personal finances, pets, sports, gardening, and religion. The fiction, games, puzzles, contests, and cartoons are fun for the entire family.

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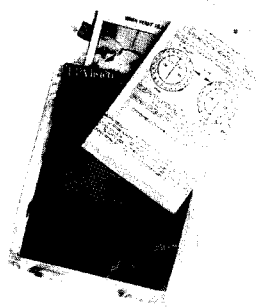

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EVERYONE CAN CAN

How to survive and profit from mother nature's excesses.

by Doreen G. Howard

The avalanche of tomatoes and cucumbers is overwhelming. Every time you open the back door, apples and grapes march in by the regiment. Nature has exploded in your yard. Don't retreat and book a hotel room. Fight back! Round up the jars and can the onslaught.

Enjoying wholesome canned goodies during the winter is one benefit of a bountiful garden or of bulk purchases at a farmer's market. You can dip corn chips into picante sauce formulated for your taste buds, top your toast with such no-sugar fruit spreads as Apricot-Cherry Conserves, and crunch Garlic Dill Pickles free of chemicals and excess sodium. Just observe a few basic safety rules, and you can fill your pantry with jars of healthful canned foods.

There are two methods of canning —boiling water bath and steam pressure—because there are two types of food—high acid and low acid.

Canning Fruits and Jams

A boiling water bath is used for high-acid foods. Fruits (especially tomatoes), sauerkraut, rhubarb, and foods to which vinegar is added (pickles, relishes, etc.) are canned by this method, as are jams and jellies.

Assemble clean canning jars, free of nicks and cracks, with screw bands that are not bent or rusted and new vacuum lids. *Note:* Do not use mayonnaise or peanut-butter jars for canning, even though their bands and lids will fit the jar mouths. The glass in these containers, too weak to withstand repeated boiling and steam pressure, explodes during processing or in storage after cooling.

Sterilize the jars and the lids and keep them hot until used. The hottest cycle on your dishwasher or five minutes in boiling water will do the trick.

Bring the water in the canner to a rolling boil and hold it there. Meanwhile, fill the jars with food, prepared according to your favorite recipe; leave a half-inch of head space in each jar. Run a table knife down the insides of the jars to release trapped air bubbles. Add more food or liquid if needed. Wipe the rims clean and top them with hot sterilized lids. Screw the bands down firmly so they are tight.

Boil your jars in the canner; refer to your recipe for the required time. Start timing when the water in the canner comes to boil and again after the jars are submerged. After removing the jars from the water, turn them upside down on a rack or a heavy layer of towels. Fifteen minutes later, set the jars right-side up to finish cooling. This extra step ensures that the jars seal. As cooling progresses, pinging sounds may be heard, indicating that the jars are sealed. Another way to confirm sealing is to press down on the lid centers about three hours after processing. If there is any give in the lid, the jar is not sealed. You should reprocess the jar immediately or refrigerate and eat the contents as soon as possible.

Low-Acid Canning

Vegetables, which have little natural acid, must be canned under steam pressure to kill bacteria. The pressurized steam inside the canner allows the temperature to exceed the boiling point (212° F.) and reach 240° F.—hot enough to kill bacterial spores and prevent spoilage.

Meats, poultry, seafoods, mushrooms, stews, and sauces are also low acid. Such mixed canned foods as a soup containing both corn (low acid) and tomatoes (high acid) should be processed by low-acid

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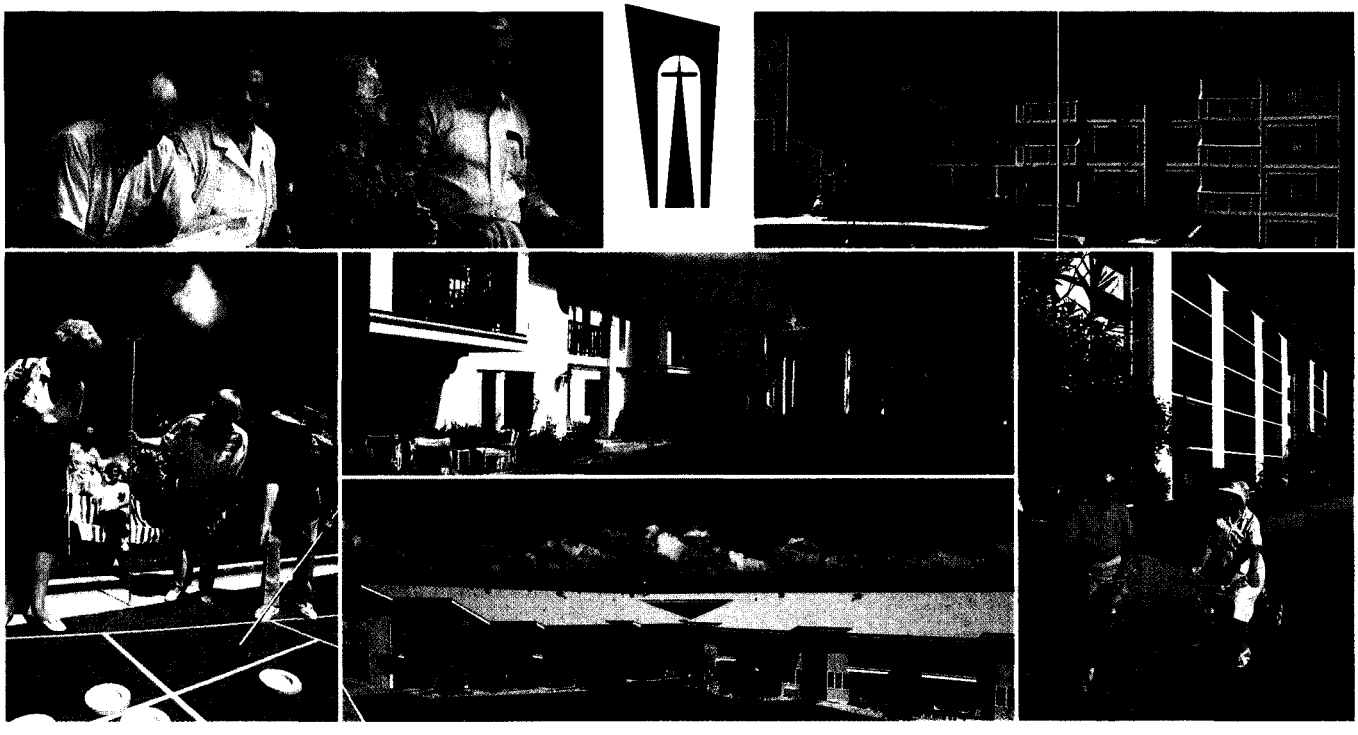

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methods to avoid the risk of bringing on botulism.

Only the most experienced canners should attempt home canning the following vegetables: cabbage (except sauerkraut), lettuce, celery, cauliflower, broccoli, onions, parsnips, turnips, or other vegetable mixtures.

Prepare and fill the jars in the same manner as for the boiling-water-bath method. Follow the manufacturer's instructions that accompany your steam pressure canner exactly.

If you do not own a pressure canner, you can use a pressure cooker with two adjustments. Pack the food into pint or half-pint jars, and add 20 minutes at ten pounds of pressure to the processing time given in recipes.

Special pressure canners are designed for use in microwave ovens. However, a big drawback to using these canners is that only one or two pint jars can be processed at one time. And a long cooling period is required between batches.

A pressure canner or cooker of the dial-gauge type *must* be calibrated before each canning season. Your county extension agent or the manufacturer can tell you where the gauges are serviced. False readings from an inaccurate gauge make the difference between healthful food and food poisoning in the jars.

Before eating low-acid, home-canned food, boil it at least five minutes to kill any trace of bacterial spores that could remain.

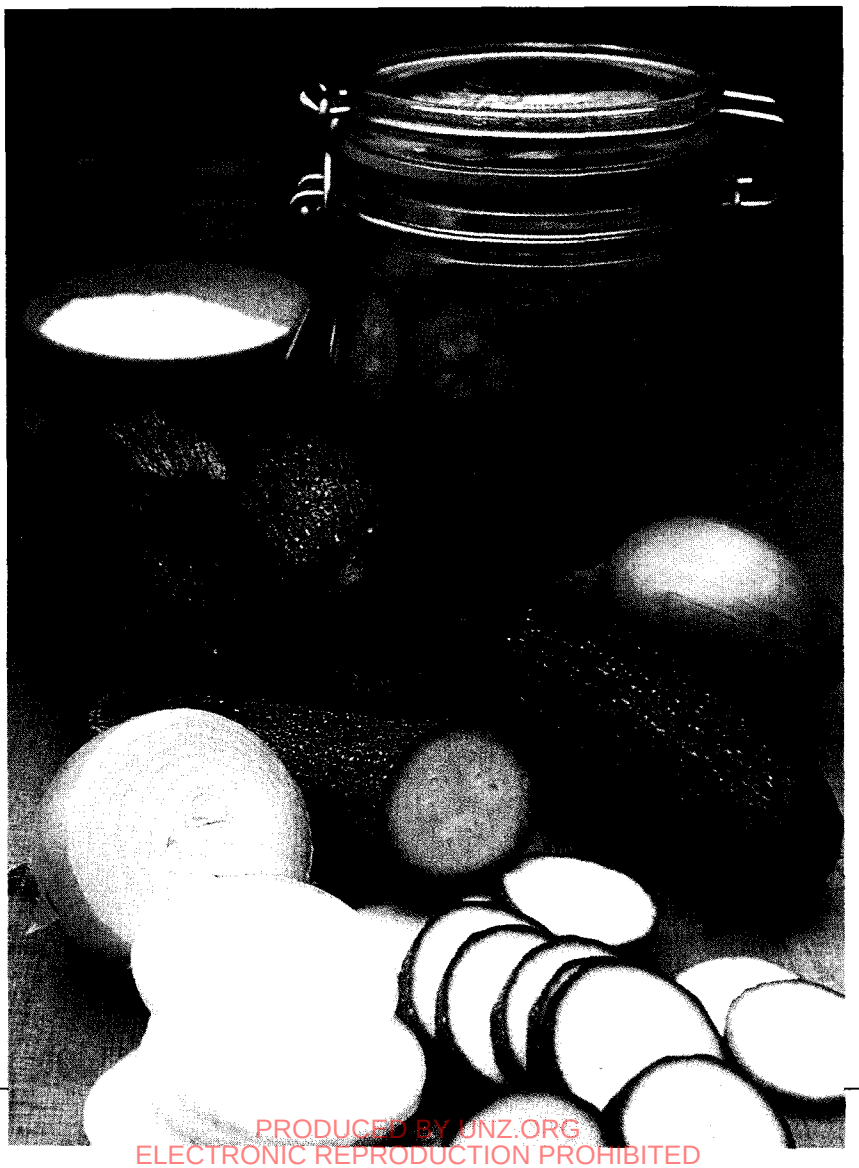
High-or-Low-Octane Picante
(Makes 9 pints)

14 pounds peeled tomatoes
8-16 hot peppers, skinned
2 onions, peeled and quartered
6 cloves garlic, peeled
1 cup fresh cilantro leaves or *⅓ cup dried cilantro*
1 tablespoon white vinegar
1 tablespoon salt

Chop all ingredients in food processor or blender in small batches. Stir together in large container to blend evenly. Pour into prepared pint jars and process 15 minutes in boiling water bath.

Dangerous Canning Shortcuts

- Don't use a dishwasher. There is no way to control the temperature or the processing time.
- Don't use an oven. Jars may explode when the oven door is opened. And food in jars is not heated enough to kill bacteria even in high-acid fruits.
- Don't use a microwave oven unless a special canner is used. Jars will not seal properly.
- Don't use aspirin as a substitute for processing. Although aspirin contains a weak germicidal agent, it does not prevent spoilage or deterioration of food.



Apricot-Cherry Conserves
(Makes 6 pints)

10 cups pitted and chopped apricots, with skins
10 cups pitted and halved sweet cherries
1 cup fresh or bottled white grape juice

Combine ingredients in large kettle and bring to boil. Continue boiling rapidly, stirring constantly, until mixture thickens. Pour into prepared jars and process 10 minutes in boiling water bath.

Garlic Dill Pickles
(Makes 6 quarts)

3 cups white vinegar
3 cups distilled water
6 tablespoons salt
1 tablespoon prepared horseradish
2 tablespoons mustard seeds
12 cloves garlic, peeled
6 bunches fresh dill or *2 tablespoons dried dill*
30-36 cucumbers (3"-4" long)

Combine vinegar, water, and salt; boil. Add to each hot sterilized jar: ½ teaspoon horseradish, 1 teaspoon mustard seeds, 2 garlic cloves (sliced), and dill. Pack washed cucumbers into jars and fill with boiling brine. Process 20 minutes in boiling water bath. Wait two weeks before opening jars.

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Zucchini Pickles
(Makes 2 pints)

4 cups sliced zucchini
½ cup sliced onion
2 tablespoons canning salt
1 cup brown sugar
1 cup cider vinegar
¼ teaspoon turmeric
¾ teaspoon mustard seed
¼ teaspoon celery seed

Wash zucchini well before slicing. Combine vegetables in wooden bowl and sprinkle with salt. Cover with ice water and ice cubes. Let stand 3 hours; add ice cubes occasionally.

Combine sugar, vinegar, turmeric, and seeds, and bring to boil. Drain vegetables and put them in syrup. Heat to simmering point but do not boil.

Pour pickles into hot, clean jars; leave ¼" head room. Adjust lids and closures and place on rack in kettle of hot water deep enough to cover jars by at least 1". Bring to boil and process 10 minutes. Remove from water and cool completely on rack.

Green and Yellow Dilly Beans
(Makes 4 8-ounce jars)

1 pound green and yellow beans
2 cloves garlic
2 heads dill
½ teaspoon mustard seed
½ teaspoon celery seed
½ cup cider vinegar
½ cup water
2 tablespoons salt, if desired

Wash beans; trim ends and cut evenly ½" shorter than height of jars. Holding jar at tilt, alternate green and yellow beans around sides of jar. Pack beans in center as closely together as possible without breaking them. Insert half clove of peeled garlic and half head of dill in each jar.

Combine seeds, vinegar, water, and salt in saucepan and bring to boil. Place jars in pan of hot water and pour brine into jars; leave ¼" head space. Insert plastic or wooden knife into each jar to release air bubbles. Put on lids and screw bands.

Place jars on rack in pan of hot water deep enough to cover jars by at least 1". Bring to boil and process 10 minutes. Remove jars to rack or damp towel and let cool.

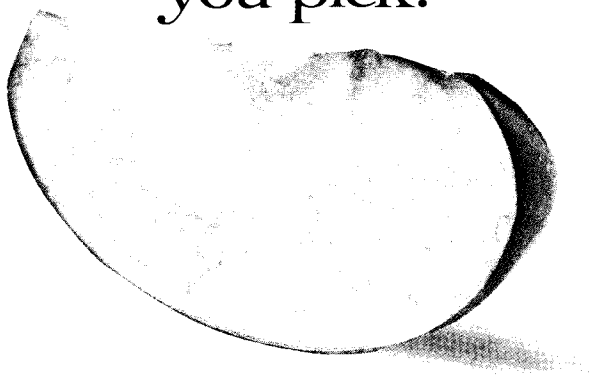
No-Sugar Raspberry, Blackberry, or Strawberry Jam
(Makes 2 8-ounce jars)

1 quart ripe berries
1 tablespoon lemon juice
½ cup liquid artificial sweetener

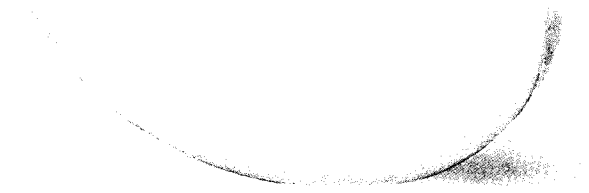
Pick over berries and place them in saucepan. Crush with potato masher and stir in lemon juice and sweetener. Bring to boil over high heat and continue to stir until mixture becomes quite thick.

Pour jam into hot, clean glasses; leave ¼" head space. Wipe rims. Adjust lids and closures; screw bands on tightly. Place jars on rack in deep saucepan full of enough hot water to cover jars by 1". Bring water to boil and boil 15 minutes. Remove from water and let cool completely.

Which would you pick?



Without Fruit-Fresh.



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EATING OUT OF HAND

At last! A legitimate excuse for eating 1,417 pounds of food each year. Blame it on changing from fingers to fork.

by John Bohannon

Illustrated by Don Trawin

The next time you stuff yourself with a huge meal and leave the dining room table in guilt and your diet in ruins, consider this fact: each year the ordinary person eats about 1,417 pounds of food. That's about 4 pounds of food every day. And during one year of consuming a lot of extra calories and cholesterol, the ordinary person also ingests about 9 pounds of chemical additives.

Blame it all on the invention of the fork. To paraphrase the French philosopher and mathematician Blaise Pascal: if the fork had not been invented, and if Cleopatra's nose had been shorter, the whole face of the world—and our figures—would have changed. Well, we can't actually blame the fork itself, but perhaps if we understood the fork a little better we might have a clearer understanding of ourselves at the dining table.

Our word "fork" comes from the Latin *furca* and the Old English *forca*. Small forks used for eating first appeared in Tuscany in the 11th century, and they were still a rarity in Italy by the 14th century. In 1611 an English traveler, Thomas Coryate, returned from a visit to Italy with several forks (put inadvertently, of course, into his travel bag when he left a wayside inn) and tried to create some interest in them. But most people called him affected for using so odd a device to put food into his mouth. Throughout the England of that era most folks scorned the new-fangled gadgets as a foreign novelty, really quite gauche, and derided those who used them. Many British clergymen were vehemently opposed to forks; they believed that only human fingers were worthy of touching God's food. Often, when someone died after having used a fork, these clergymen preached that it was God's way of showing His displeasure over the use of such a shocking novelty, even though the victim might have died of the plague. The fork was first introduced in America in the 1630s, thanks to John Winthrop, the first governor of the Massachusetts Bay colony.

Before the fork was invented people ate with their fingers, which was

Thomas Coryate introduced Italian forks to his fellow Englishmen. The English, ever hesitant to adopt foreign ways, labeled Coryate affected and effeminate.

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Two Delicious Ways from Ball to Have a Great Fall.

You can enjoy the benefits of home canning well into the fall with these delicious, kitchen-tested recipes from Ball.

Whether you make them for the pantry or plan to wrap up a few jars for gift-giving, your family and friends will appreciate the natural goodness that goes into home-canned recipes... of course, it's economical, too!

And, with a coupon for 25¢ off selected Ball products, you can put up with the most recognized name in home canning for less.

Your fresh ingredients and Ball home canning products. It's the natural way to have a great fall.

ORANGE MARMALADE

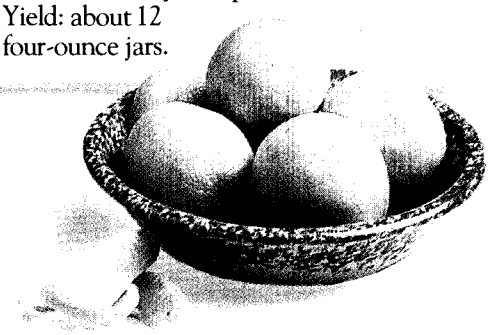
3 c. thin-slice orange peel (appr. 4 large)
1/2 c. thin-sliced lemon peel (appr. 1 med.)
1/2 c. seeded and chopped lemon pulp (about 2 medium)
3½ c. seeded and chopped orange pulp (about 4 medium)
2½ cups water
1/8 tsp. baking soda
1 package *Ball 100% Natural* Fruit Pectin
6 cups sugar
1/4 tsp. nutmeg

Combine citrus peel, water and baking soda in a saucepan. Bring to a boil; reduce heat; and simmer, covered, 20 minutes. Add chopped fruit to peels and return to boil.

Reduce heat and simmer, covered, 10 minutes.

Measure 5 cups of prepared fruit and pectin into a large sauce pot. Bring to a rolling boil; stir in sugar and nutmeg. Return to a rolling boil; boil hard 1 minute, stirring constantly.

Remove from heat. Skim foam and stir alternately 5 minutes. Pour hot into hot jars, leaving 1/4-inch head space. Process 10 minutes in boiling water bath. Adjust caps. Yield: about 12 four-ounce jars.



APPLE PRESERVES

6 cups peeled, cored, sliced apples
1 cup water
1/8 tsp. *Ball 100% Natural* Citric Acid
1 package *Ball 100% Natural* Fruit Pectin
1/2 cup thinly sliced lemon (about 1 med.)
4 cups sugar
2 teaspoons nutmeg

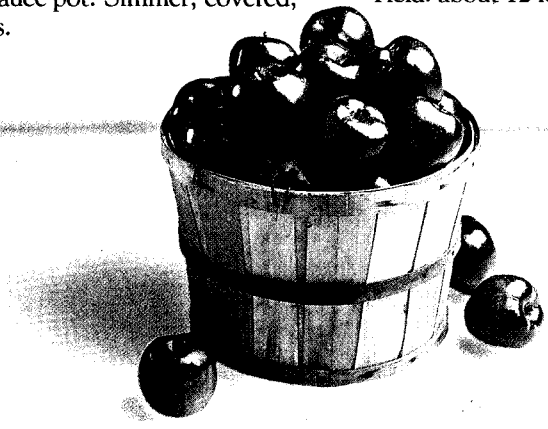
Prepare home canning jars and lids according to manufacturer's instructions.

Combine apples, water and citric acid in a large sauce pot. Simmer, covered, 10 minutes.

Stir in pectin and bring to a rolling boil, stirring frequently. Add lemon slices and sugar.

Return to a rolling boil. Boil hard 1 minute, stirring frequently. Remove from heat; add nutmeg. Pour hot into hot jars, leaving 1/4-inch head space. Adjust caps.

Process 10 minutes in boiling water bath canner. Yield: about 12 four-ounce jars.



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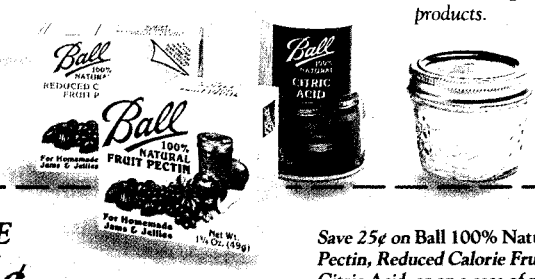

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messy, but efficient. And even then—long before Emily Post or Miss Manners—there was a correct way to use one's fingers at mealtime. During the mid-1500s someone (there's always an expert know-it-all at the party) decided that refined people ate with only three fingers; commoners used all five. Soon the cognoscenti ate with only the first three fingers. This clearly distinguished the lower class from the upper class, but there's speculation that a separate class, the klutz class, developed: those who used the thumb, the ring finger, and the pinkie and kept the first and middle fingers extended. Well, no one gave specific instructions as to *which* three fingers to use. It took a while, but people finally got the proper fingers, and class distinction, sorted out at mealtime.

The Dutch humanist Erasmus, whose heyday was in the early 16th century, was among the first concerned about table manners. He insisted that diners never lick their fingers or wipe them on their coats. "Tsk-tsk-tsk," he said, or some similar admonishment. It was better, according to Erasmus, to wipe one's fingers on the tablecloth, a custom that certain people observe even today. (These are the people who also believe that parking lots are where you're supposed to empty the car's ashtray, and they also sit behind you in the movies and talk.)

Napkins, as we know them today, have not always been widely used. Early Romans, Greeks, and Egyptians used "serviettes," napkins the size of bath towels. In the 1700s it was acceptable at the table to use the serviette to also wipe off all utensils, as well as greasy fingers and lips. But apparently someone got sick and tired of washing all those huge serviettes, because the etiquette of the day soon encouraged people to first wipe their fingers on a hunk of bread to keep serviettes cleaner. And finally someone began to encourage the use of forks rather than fingers. The more people used forks, the less they needed large napkins, so napkins became smaller, to the relief of the drudges who had to wash all those serviettes. Perhaps they then had more free time to watch television—who knows?

Forks were still considered odd throughout Europe as late as the 18th century, when class distinction finally made them more acceptable. The French nobility began to use forks as a statement of refinement, and the use of fingers—even the proper three—began to be frowned upon.

Before forks, Egyptians used finger bowls and bath-towel-size napkins.

Spoons and knives, of course, are much older than forks, and most people thought of those utensils as the most efficient, the only ones you would need to scoop up or spear food. The modern spoon as we know it dates back to the 18th century; table knives were introduced around 1600. Before that, people brought their own daggers to the table to serve as knives. This custom was most practical. When someone with an impressive dagger asked, "Would you be so kind as to pass me the cucumber sandwiches, please?" you can be assured that he had his fellow diners' full attention.

In France, in the 1630s, a refined man named Armand Jean du Plessis (better known as Duc de Richelieu, chief minister to Louis XIII) got tired of watching people stabbing their knives and daggers into chunks of food and then at the end of the meal picking their teeth with the sharp ends of their daggers, which was customary. He ordered the kitchen staff to file off the sharp points of all house knives, and soon round-tipped knives became the latest thing.

When the fork had finally established itself, there was another problem: Europeans were annoyed with the new practice of cutting food into tiny bite-size pieces. To these impatient diners, cutting food into small bites slowed things down. The Chinese had always observed a different tradition, believing that it was barbaric to serve food that resembled the original animal and uncouth to carve up a carcass at the table. The Chinese took care of that unseemly chore out of sight in the kitchen and served food already diced and sliced, ready to eat. And because there was no need for knives and forks at a Chinese dinner, long thin sticks were used. The Chinese word for such implements meant "quick ones," or "quick sticks," and the English translation soon became "chopsticks."

Perhaps all this history and understanding of utensils will give some of us food for thought, which might make us cut back on the amount of excess food we put away at mealtime. And if we don't do this ourselves, some wild-eyed radical might come up with a plan to ban the fork. We can't let that happen. Forks don't make people overeat—people make people overeat.

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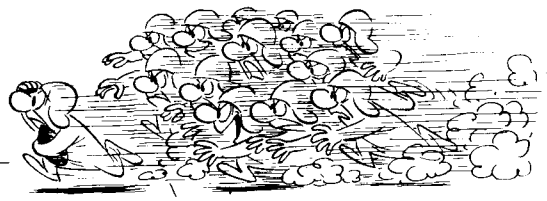

Who's Watching Whom?

Although they are generally composed of idiotic husbands, smug wives, and smart-alecky children, you do have to admire one thing about TV-sitcom families—they never waste time watching television.

—Kris Lee

I Swear It's True!

A minister joined a family with two rambunctious grammar school boys for Sunday supper. Under their mother's nervous eye, the boys sat rigidly through dinner. Afterward, unable to contain themselves any longer, the boys began racing through the house and shouting swear words at each other. The flustered mother apologized.

"I just don't know where they learn such language," she said to the minister. "They hardly ever leave the house."

—Mary C. Peterson

Handy Dandy

I wish that watching the kids
Were like watching TV and eating candy.
Life would be easy and sweet
And the remote control would come in handy.

—Diana Notaro

The Smoking Gun

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She used her blatant charms,
Replacing all his ashtrays
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—Lawrence E. Miller, Sr.

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"What percentage of your income is spent on food?"
" . . . leave your name . . ."
"Clothing?"
" . . . and number . . ."
"Medicine?"
" . . . and we'll get back to you . . ."
"How often does someone in your household shop for food?"
" . . . as soon as we can."
"How often at neighborhood stores as against supermarkets?"
"Please leave your message . . ."
"Do you prefer name brands?"
" . . . at the sound of the beep . . ."
"How often do you take advantage of sales?"
(Beep!)
"Which is more important when you shop, quality or savings?"

"Finally, how many shoppers are there in your family?"

"Thank you very much for your time. It was a pleasure talking to you."
(Beep!) "Thanks for your call. We'll return it as soon as we can."
(Click)
(Click)

—Daniel DePaola

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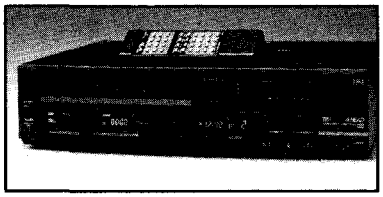

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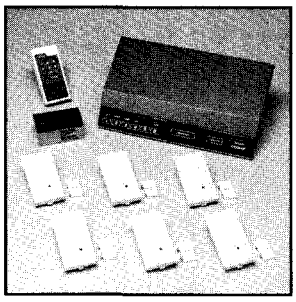

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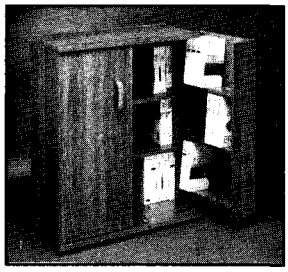

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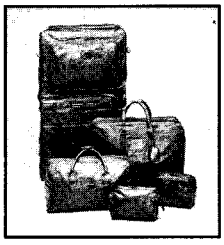

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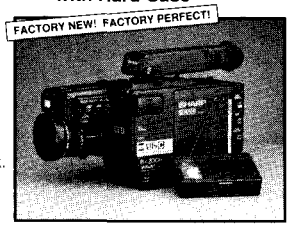

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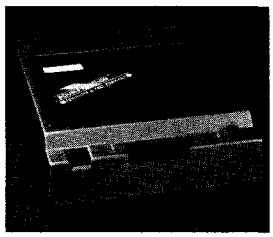

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ARE YOU AN INNUMERATE?

If you think the Empire State Building is a mile high, then you have a bad case of mathematical illiteracy; Professor John Paulos would like to help.

by Kay Bartlett

Quick—what's the difference between 1 million, 1 billion, and 1 trillion? You're in trouble if you respond with something like "What's the difference when the figures get that high?"

If you think the Empire State Building is about a mile high, plead guilty again. You're an innumerate.

Help, however, is at hand. Meet the oxymoronic John Allen Paulos, a witty mathematics professor who quotes philosophers, devours novels, once did a stand-up comedy act in a Philadelphia club, and passionately hopes his fifth-grade math teacher reads his latest book. He's also a man who doesn't think the world would be a better place if we were all able to work quadratic equations.

"Come up to the fifth floor," he instructs a visitor, "and go to room. . . . This is rather embarrassing, given the subject of the book, but it's either room 540 or 542."

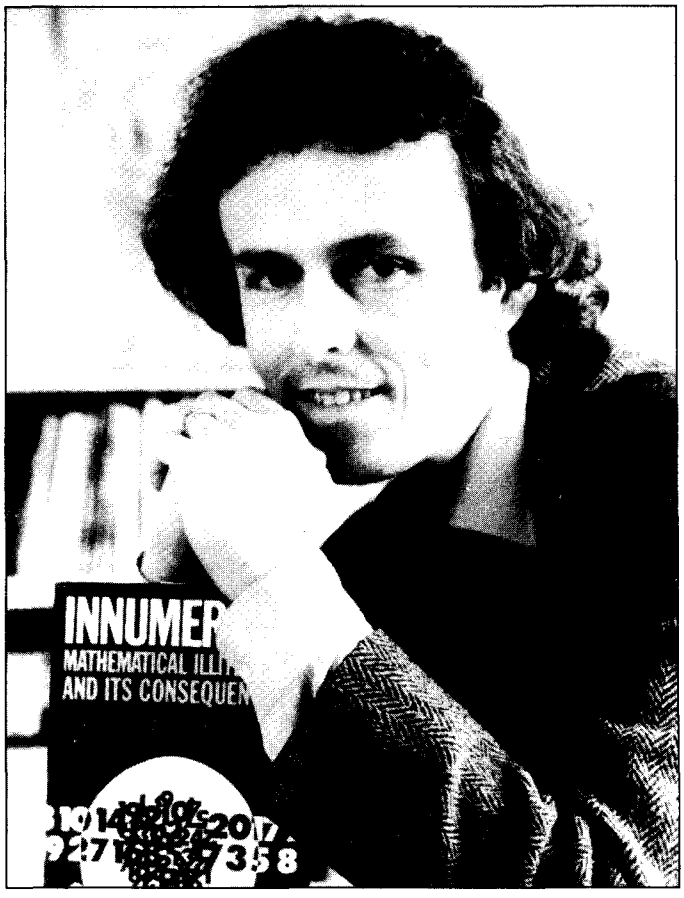
A huge poster of Bertrand Russell, one of his idols, looks over his shoulder as he works. A pyramid of empty blue and magenta Hawaiian Punch cans, fun to move around in different configurations, rests quietly now in a garish display on his windowsill.

Paulos, a 43-year-old Temple University professor, has written *Innumeracy: Mathematical Illiteracy and Its Consequences,* a book whose title would not compel the ordinary reader to snap it off the shelf. But it's fun, and Paulos tells you it's O.K. to skip the tough parts.

One of the tough parts is the title itself. The word "innumeracy," which means the inability to deal comfortably with the fundamental notions of number and chance, has been in usage in England since the 1950s, Paulos says. He first came across it in an article in *Scientific American.* "It will be in American dictionaries soon," he says. "Dan Rather has used it a few times and that's got to be an imprimatur." [Editor's note: "Innumerate" is an entry in the 1988 *Random House Dictionary of the English Language.*]

But back to that first question. Throughout the book, Paulos has a knack of breaking things down into easily grasped units. He wants people to have a sense of the vast difference among members of the "-illion" family. He suggests you look at it this way: One million seconds takes about 11 days to tick by. A billion seconds would take almost 32 years. A trillion seconds equals 32,000 years.

Paulos says he sometimes asks his freshman students how high the Empire State Building is. "I don't want them to go and look it up," he says. "I just want to know about their sense of proportion and scale. I would consider 1,000 feet a correct answer—even 2,000 feet, because it's in the range. [Actual footage is 1,200 feet.] But if a student said



AFN

50 feet or a mile, he has no sense of what a mile is, what a mile is like straight up in the air."

Paulos, who teaches freshmen as well as graduate students, is a recognized expert in symbolic logic, computer languages, and artificial intelligence. Reared in Milwaukee, he describes himself as a bright kid but very shy.

"This is a book for educated people," he says. Paulos notes that he once accompanied his wife, a former French teacher turned romance novelist, to the doctor to learn more about a minor procedure she was facing.

"Within 20 minutes, the doctor said there was only a million-to-one shot of something going wrong, that it was a 99 percent safe procedure, and then he said that it usually went quite well," he says. When Paulos tried to explain to the physician that he had just said three entirely different things, he was met with a grim stare and incomprehension. "Even in their areas of expertise, people just use numbers, not knowing what they mean," he says.

Paulos has met with blank stares before. When he did the comedy-club act, one of his jokes had to do with the sign suggesting citizens put litter where it belongs. Paulos pointed out that if people did that, it would no longer be litter—it would be garbage. Litter, he pointed out, is litter only when it is littering.

Not too many chuckles.

"Actually, most of it went quite well, but some of it was a little too cerebral for the club," he says.

He also gets blank stares when he quips that something selling at a "fraction of its normal cost" probably is and that the fraction is four-thirds.

Paulos' quixotic quest is serious. He feels that innumeracy contributes to a lack of skepticism and lack of critical thinking, which lead to poor life decisions.

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A GOOD IDEA IN BAD TASTE

A "citizen activist," the mother of two small children, leads a crusade to make all poisonous household products so bitter that even a tot's innocent taste buds will rebel.

by Maynard Good Stoddard

Lynn Tylczak is taking the concept of Mr. Yuck Mouth one step further. For decades, mothers put quinine on their children's thumbs and fingers to stop thumb sucking and nail biting. Lynn Tylczak wants to use that same principle to make poisonous household products repulsive to taste.

The sweet tastes, fragrant aromas, and pretty colors of chemicals lure nearly 3 million preschool children each year into swallowing poisonous detergents, antifreezes, and windshield solvents, to name just a few.

But what could a freelance writer, housewife, and mother of two small children, living in the little Oregon town of Albany, do about it? For one thing, she could write letters to the manufacturers, pleading with them to make their products so repulsive to taste that kids would spew them out before harm was done.

The idea was not hers. Tylczak had seen a PBS program, "European Journal," that reported British companies were adding Bitrex, the world's best-known bittering agent, to scores of household products. The idea, however, was right down Lynn Tylczak's alley.

Her alley is already lined with victory flags from other consumer causes—unequal tax assessment and Tinker Toy sets packaged without wheels, to name two.

"I don't know law, but I know what is fair," Tylczak says. "If I see something that bothers me, I write letters. Lots of letters."

In this case, before she wrote letters to the manufacturers of poisonous products, Tylczak did her homework at the Oregon State University Library. With her four-month-old baby in a front pack, her five-year-old son at one hand, and a notebook in the other, Tylczak researched her targeted chemical companies and other possible bittering agents. She took her commitment to research so personally that she gritted her teeth and made the ultimate taste test: a small sip of Bitrex.

It tasted "like the place where old spiders go to die. And I had it diluted too," she says. "I couldn't get the taste out of my mouth. The only antidote was chocolate."

Jim Warner

Four-month-old Lesley Tylczak is the inspiration for her mom's latest mission—to prevent child poisonings.

After arming herself with corporate addresses, Tylczak began sending letters to chemical companies. Where the letters went once they arrived is anybody's guess. Tylczak guesses they went directly to the shredder, because they evoked not a single response.

Not one to be daunted easily, this "citizen activist," as Ralph Nader has labeled her breed, decided to direct her letters to the consumers.

"Recruiting volunteer letter writers was easy," she says. "Albany is a small town, and people are always looking for something to do."

Although the Tylczaks' income did not easily accommodate the added expense, the letters to consumers began going out. "My husband is very supportive," she says. "To pay for the postage, we cut back on our visits to McDonald's. I don't know as McDonald's would be too happy knowing about that."

The letters had two purposes: to garner letters of support from other consumers and to promote the sale of Bitrex to those consumers through a nonprofit organization in Lynn Tylczak's own home. For only two dollars, Poison-Proof Products (PPP) would send enough Bitrex to make 25 gallons of any liquid taste repulsive to even the most curious taste buds. This project went down the drain, however, when the Henley Chemical Company warned that Bitrex should be handled only in a laboratory.

But the consumer response to the PPP letters was "Incredible!—from all over the country," Tylczak says, and it spurred her on. Many letter writers were from grandparents, who,

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having trouble opening the original childproof containers, would pour a poisonous substance into perhaps a soft-drink bottle or a container of equally innocent appearance. One grandfather wrote that he turned his back only for a moment, and when he looked around, his little grandson was drinking brush killer.

Armed with hundreds of these missives demonstrating consumer demand for Bitrex, Lynn Tylczak's letters again began invading the inboxes of the manufacturers. For only one-half cent per quart, she told them, Bitrex could be added to their potentially harmful, and sometimes lethal, products.

And this time the manufacturers took notice. So did the "Today" show, on which she was interviewed by Jane Pauley this past Memorial Day.

The chemical companies have not embraced Tylczak's suggestions with enthusiasm, but a few have reacted favorably to consumer demand. Proctor & Gamble, for example, is now adding Bitrex to its liquid laundry detergents Bold and Solo, making them "old spider burial grounds."

Currently, Bitrex is being added to about 40 British cleaning products. West Germany requires the bitter substance to be added to windshield washes. In Japan Bitrex goes into herbicides. Antifreeze in Australia contains it as well.

"In this country the whole thing may blow over in a few weeks," Tylczak modestly speculates.

But Linda Golodner, executive director of the National Consumer's League, says, "Lynn Tylczak has received a certain victory by bringing national attention to this issue. She has also proved that one consumer can make a difference." ⚜

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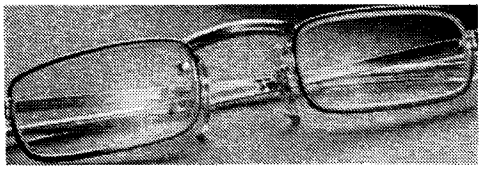

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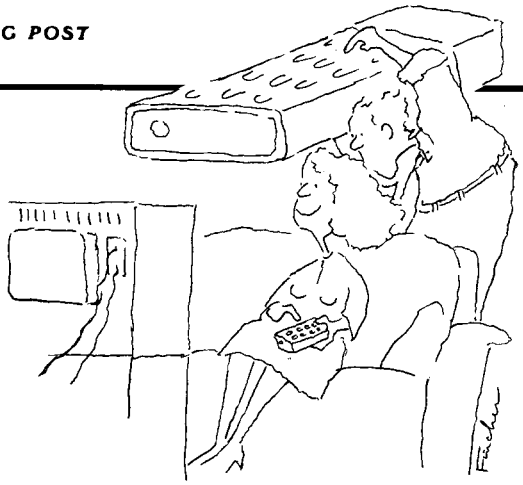
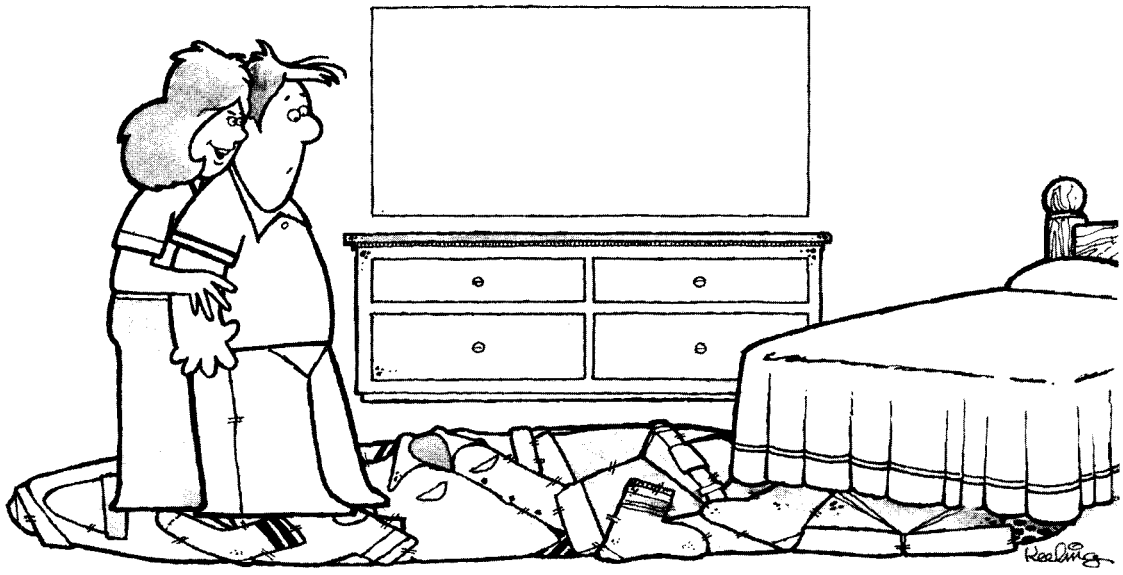


Edward decides to fight Ethel's remote-control reign of tyranny over the television.

"Ye gods, Helen, what good is an unlisted number if you're going to give it to people like your mother?"

"I better go now; I have to get Harlan's dinner ready. Give my best to Sam and your mother. It's been a pleasure meeting you . . . again, I'm sorry I dialed the wrong number."



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THE RUSH-RUSH ROUTINE OF CHARLES AND DIANA

The life of the royal family has changed—from self-indulgence to an unrelenting schedule that has turned life into a job.

by Ingrid Seward

Charles is a countryman at heart, but Diana, like many people her age, enjoys the bustle and the adrenaline rush of the city.

There is a routine to the life of the Prince and Princess of Wales. It is the routine of rush. It is a lifestyle very different from that enjoyed by their royal predecessors, whose lives were very much their own, to be enjoyed in their own way, simply or extravagantly, but always self-indulgently. The role of the royal family has changed. Today there is work to do. Life, as Charles says, is a job. And their job is the life royalty imposes.

Says John Merton, the society artist who painted a portrait of Diana in triplicate: "I saw her engagement book, which is a terrifying thing. Every hour of the day is booked up for nine months ahead." Diana's engagement book is not really a book but a series of neatly printed pages in an embossed folder, one day to a page and one line for every hour. These are neatly filled in by her lady-in-waiting—appointments every 15 to 20 minutes and a strict timetable for official engagements. Evenings and weekends are also inked in; a line through the page denotes holidays.

John Merton and other portrait painters are allotted a certain number of sittings. He had five, one at Kensington Palace and four more at his studio near Marlborough in Wiltshire. Otherwise they work from photographs, and plenty of those are available.

Diana's schedule takes careful organization and rules out too many of the impromptu gatherings of which the princess is so fond. "Imagine having to go to a wedding every day of your life—as the bride. Well, that's a bit what it's like," Diana confides.

Because her day is so full, she has to start early. The routine rush begins when the butler, Harold Brown, knocks on the bedroom door, never later than 7:30 a.m., bearing a tray of weak coffee for Diana and Lapsang Suchong tea for Charles—he never touches coffee or sugar, preferring to sweeten his drinks with large spoonfuls of honey, which he takes with him everywhere. The breakfast china has a delicate pattern of butterflies that typifies the taste of the princess, who loves pretty, feminine things.

If her schedule allows, Diana then dons a track suit and heads for her early-morning swim at Buckingham Palace. Her detective is already waiting in the car with the engine running, and they make the short drive to Buckingham Palace in record time, avoiding all the rush-hour traffic. If Diana has an early engagement or one of the children is unwell, she sacrifices the dip and does a few stretching exercises before sitting down to a frugal breakfast of pink grapefruit, müesli, and a piece of toast while glancing through the *Daily Mail* and the *Daily Express* gossip columns to see what her friends have been up to. She avoids reading stories about herself, because she finds them too upsetting. But she knows what is being said: either her post-bag of letters or her friends will tell her.

The Prince of Wales is an early riser who listens to the farming report on Radio 4 at 6:10 a.m. Recently, he has acquired the habit of being in his study and on the telephone, a breakfast tray of bran flakes and honey on his desk, before 8:00. He will read the papers, though newspaper games, it can be said, do confuse him.

One morning he lost his entry card for the *Times* portfolio game.

"Find it for me quickly," he instructed the butler.

"Don't worry, sir. I'll get you another," the butler replied.

"No, you can't do that—I must have mine," the prince insisted in the mistaken belief that the card had been specially made for him.

As Charles wrestles with the sometimes unfamiliar ways of the modern world, Diana gets on with her own day. As a mother she is a light sleeper and, unlike her husband, "who can sleep through anything," is wakened by the slightest sound. A pair of earplugs was once even found next to her side of the bed, by an amused

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member of staff who found it strange to think of Diana sitting through ear-shattering rock concerts, but going to bed with a pair of earplugs. (She does, however, also take them to concerts!) Diana may have had her night disturbed by a cry for a glass of water or complaints of a stomachache. The boys will always crawl into bed on Diana's side if they are frightened or unwell, and Charles seldom wakes up. But whatever Charles and Diana are doing during the day, they always kiss the boys good-bye before they go off to school in the morning. William has acquired an endearing habit of saluting his father by the front door—imitating some of the soldiers and officials who do the same. And amid much giggling Harry will imitate his elder brother.

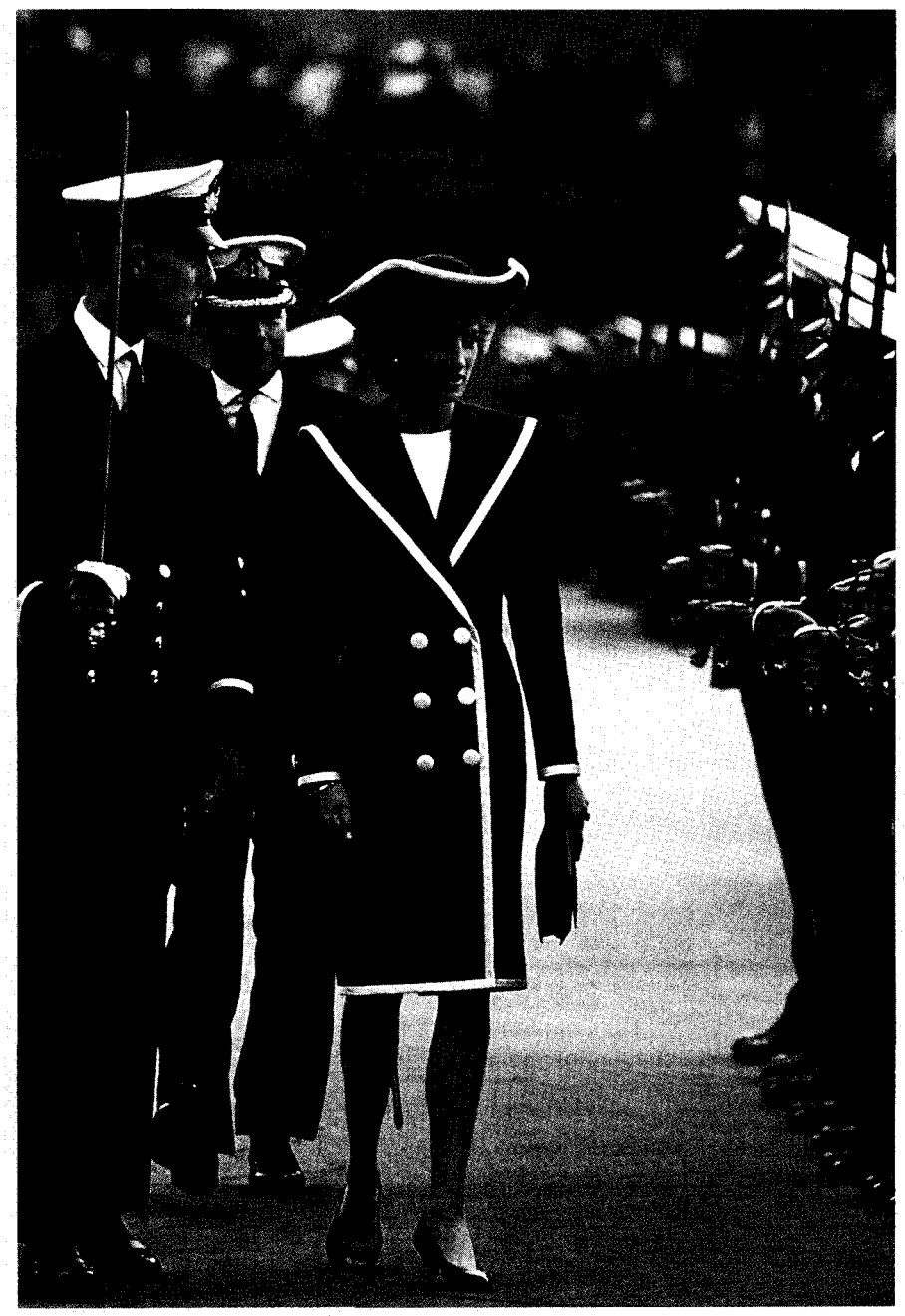
If Diana doesn't have any pressing appointments, she will accompany the detective and the children to school in their Ford Grenada Estate car. She doesn't pick them up but tries to organize her day so she can be with them in the early evening.

Diana never forgets how her royal life also consumes that of her staff (the royal family never refers to its staff as servants) and, if they have been working particularly long hours, never forgets to thank them, often with a personal note written in her large rounded handwriting. She and Charles employ at Kensington Palace between 16 and 20, including two valets for Charles, two dressers for Diana, two cooks, two chauffeurs, a butler, a housekeeper, an army orderly, a host of daily cleaners, plus the two nannies.

Diana is on first-name terms with all her staff at Kensington Palace but is not overly familiar with them as she was in the early days of her marriage. She remembers their birthdays and at Christmas chooses gifts with great care, having everything wrapped, tagged, and hidden well before the end of December. Charles is happy to leave that "chore" to his wife, just as before his marriage he left it up to his valet to do all his shopping—at minimal expense!

Being a perfectionist herself, Diana does get irritated if things are left untidy or dirty, and she won't hesitate to inform the staff if she is displeased. At Highgrove one of the maids once left some dirty fingerprints on the woodwork, and Diana, who was feeling tetchy anyway, threw an angry fit. Normally, however, she is never haughty or bossy, and she asks for things to be done in the nicest possible way. "Would it be possible to do this for me?" she says with a smile.

Anne Beckwith-Smith is Diana's chief lady-in-waiting. Her most important role is to assist Diana with her official engagements. The day before Diana is to make an appearance, Anne and Diana's equerry, Lt. Comdr. Richard Aylard, will arrive at Kensington Palace to brief the princess. They will have already briefed those at the site of her planned visit, informing them of her likes and dislikes if she is lunching and how to address her and, as vital to a princess as anybody else, checking on the availability of lavatories. It is a rule that the queen and members of her family have to have a special separate loo provided for their visit. This can cause all kinds of problems, and new loos are often quickly installed, sometimes to no avail because the royal visitors might not feel any real need to use them. If they do, the lady-in-waiting



The future queen's good humor often gets the better of her, causing her to dissolve into giggles. Even while performing the serious duty of inspecting a unit of the Royal Navy, she may have a hard time keeping a straight face.

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Besides her dislike for shaking sticky hands, Princess Diana prefers to meet children individually, or talk to them in small groups.

will stand outside the door on guard to prevent any possible embarrassing intruders. Diana finds this very amusing and is far more embarrassed by the possibility of a new loo being installed especially for her than by the possibility of someone else's wanting to use it at the same time.

"Absolute discretion at all times is the most important requirement for the job of lady-in-waiting," the queen's assistant press secretary, John Haslem, says. "They will never discuss their role with outsiders."

Two members of Diana's staff that she has a good relationship with are her dressers, Fay Marshalsea and Evelyn Dagley. Diana attended the wedding of 33-year-old Fay Marshalsea in 1987. But behind Fay's smiles on her wedding day was a tragic secret: she had recently learned she had cancer and could die. Only her husband-to-be, Steven Appleby, who is in the RAF, their immediate families, and the princess knew. Fay continued to work for Diana after the wedding until she became too weak and was forced to stop. Diana insisted that she keep her flat in Kensington Palace because it would be easier for her to get the necessary treatment than if she had to travel from the home she shared with her husband at RAF Benson in Oxfordshire. Throughout Fay's illness Diana was deeply concerned and on one occasion even accompanied Fay to the hospital for her daily treatment. The genuine concern and support Fay received from the princess helped speed her recovery, and although she is still not out of danger, she is back at work with nothing but praise for her employer: "She knew of my illness virtually from the start," Fay said in an interview with the *Sunday Express*. "She is very close to me, and I wanted to tell her. She gave me encouragement to carry on. She is a lovely person to work for and very special to me."

Diana is very caring with her personal staff, and nothing is too much trouble for her if something goes wrong in their lives.

Diana's work and interests lead her outside the household as well. And that means hours and hours of charity work. This work brings her into contact with a wide and eclectic range of people. Some are interesting and intelligent; others inevitably are not. But they all want to shake her hand, and on her visit to Australia in 1988 she almost wilted away with the heat and the seemingly endless number of hands she had to clasp—many of them sticky.

It is a problem all members of the "Firm" have to face, and Diana admits she sometimes doesn't know what to do. She can't very well wipe her hand on the back of her dress, and she hates wearing the long white cotton gloves that the queen wears to solve this problem.

Sticky hands are the least of Diana's problems with children. She says she dislikes having to deal with too many of them at once, explaining she doesn't have a chance to do anything beneficial when faced with a whole classroom. She prefers to meet each child individually or talk to children in small groups so she can walk from one to another. She experiences the same problems anyone would when faced with terribly handicapped children and often has to bite her lip to prevent tears from running down her cheeks.

On one occasion she was presented with an angelic-looking child who was both deaf and blind. The child had been told, through sophisticated methods of touch, that Princess Diana was coming to see her. But when Diana saw the child, she was so overcome with shock at her sad plight that she literally froze and couldn't touch her. When she returned home later in the day, she ran to her bedroom, shut the door, and wept, confused and upset by her inability to cope with the situation.

She experiences the same kind of emotion when visiting hospices, when she knows the patients she is talking

The princess' two dressers came up with this smart new casual attire.

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DINING ROYALLY

Believe it or not, the future king and queen of England do not, like King Solomon, prefer such delicacies as hummingbird tongues. In fact, breakfast at Kensington Palace, except for the size of the breakfast nook and perhaps a servant or two, could pass for the morning meal in the home of the ordinary family on Elm Street in Cedar Rapids, Iowa.

Father is trying to read the newspaper; the kids, William and Harry, are trying to keep him from it; Mother is trying to calm her husband's irritability and at the same time improve the children's table manners. On the table is something simple and healthful—grapefruit, bran flakes, and toast or croissants for Mom and Dad, cereal and milk for the kids.

As for the other meals, food is similarly light. No belt-busting pig-outs. Dinner party or not, Charles and Diana stick close to their salubrious diets. Both readily admit that they feel much better if they don't each much meat, so they choose chicken, game birds (which Charles bags himself), and fish over fatty red meats, as well as salads and baked, rather than fried, potatoes.

Charles actually gave up shooting and turned vegetarian for a short time. He has been an advocate of a low-fat, high-fiber diet since a visit to an agricultural center in 1978. What disturbed him was the environment in which the pigs were kept to produce maximum output. At the time, he vowed he would become a vegetarian and declared he was glad he was not a pig.

In the royal couple's German-designed kitchen (a wedding gift), Diana's chef, Melvyn Wycherley, prepares a typical dinner: his classic watercress soup, made with fresh chicken stock and cream; or perhaps a seafood mousse; followed by grilled salmon or monkfish; partridges served with vegetables organically grown at Highgrove, their country place; and a dessert of fresh pineapple or mango sorbet. Diana is particularly fond of pastas and homemade soups.

On tour with Charles, it is the responsibility of Charles' man Stephen to bring along everything needed for breakfast. This includes enough bran flakes, honey, chocolate, Olivier biscuits (for which the prince is said to have a passion), and lemon refresher (which he prefers to

Vacationing at Highgrove, Gloucestershire, with Princes William and Harry.

alcohol) to last the trip. After a mad scramble to reach the airport, without fail Charles' first question is "Did you bring the honey?"

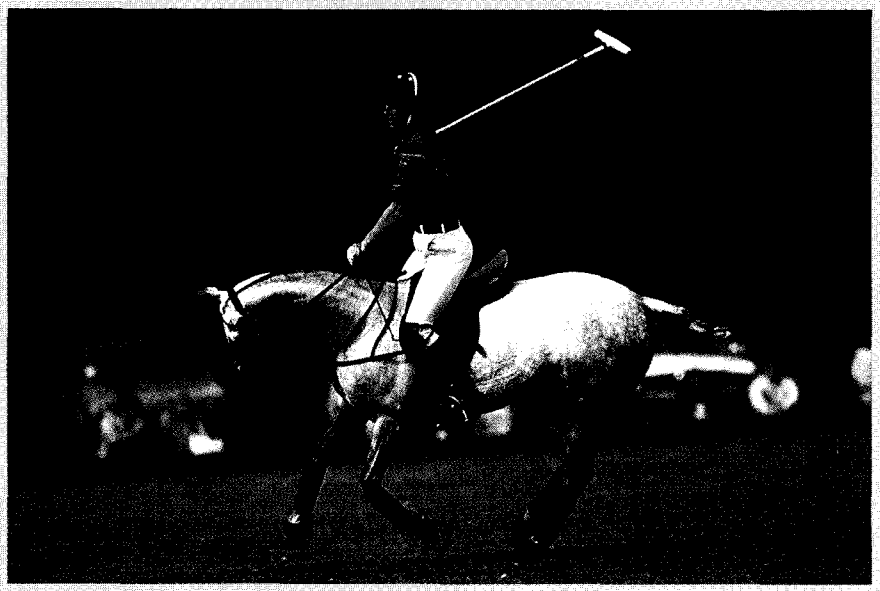
Besides eating light and eating right, Charles exercises, and he loves fresh air. On tour he takes along only some pink pills in case of stomach upset. When he's laid up in bed with the flu, don't bother paying a consolation call. He won't see anyone, not even the queen.

The prince explains that maintaining at least minimum fitness is his approach to life. He tries to do exercises every day and tries equally hard not to eat so much that he can't have a game of polo, climb a mountain, go wind-surfing, or do something equally energetic on the spur of the moment. If he doesn't exercise, he says, he starts "clogging up." He finds a game of polo as good as a doctor's prescription for a cold or a headache.

The princess has her own ways of avoiding "clogging up." Swimming is one; dancing, for which she has taken lessons, another. She also enjoys good health, and a good thing it is, because she doesn't enjoy "needles or drips." The result of her diet-and-exercise regimen is the glow of her natural beauty. Her regimen, however, hasn't prevented a bothersome back or a broken leg during a skiing trip.

Following the tradition of her husband and the royal family, Diana is a believer in alternative medicine for minor ailments, preferring herbal remedies to the antibiotics of modern medicine. She uses traces of arsenic for stomach complaints, deadly nightshade for sore throats, and feverfew plant, a type of chrysanthemum, to relieve symptoms of migraine.

Besides the size of the eating facilities and a servant or two, there *is* one other difference between dining in Kensington Palace and dining in the ordinary house on Elm Street. At Kensington, Mom isn't bustling about in an apron between stove, cupboards, and table. On occasion, Diana is said to give her "rusty" cooking skills a whirl. But why risk messing up a seafood mousse when there's an expert mousse maker ready to apply his skills in the kitchen?



Charles has found a polo game to be the best therapy for whatever ails him.

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to might be dead within a few weeks or months. She comes home physically and mentally drained by such visits and invariably rushes up to the nursery to hug her own children.

"I'm so lucky," she says, "to have two healthy, strong boys. I don't know how I could cope if I had a child who was handicapped or mentally handicapped in some way."

So conscious is Diana of trying to project an image of a hard worker, not an empty-headed fashion plate, that she goes to extraordinary lengths to do her homework and understand the complicated methods by which certain diseases or disabilities are treated. Equerry Richard Aylard writes all her briefs, but the princess does a lot of her own research and refuses to be merely a figurehead for the charities of which she is a patron.

"I think it's important to show you're interested and that you're not just breezing in and out, having seen them for a morning," she explains. "I don't just want to be a name on a letterhead."

To watch Diana "work a room" is to witness a remarkable performance. There is something almost mystical in the way even the very ill respond to her presence. Eyes open, young and old forget their pain for a moment and smile.

Diana strives to project an image of a hard worker, an effort not lost on the schoolchildren she often visits.

In primitive societies kings and queens were believed to be blessed with magical powers, and it took the English Civil War three centuries ago to dispense with the divine right of kings to rule. But the arrival of the Princess of Wales at a hospital or hospice can stir those atavistic folk memories. And even the more worldly among us rarely fail to respond to Diana's very natural charm, and I include myself.

She is an expert in the art of small talk and always looks directly into the eye of whomever she is talking to. She is very quick-witted, with an ability to respond to a question with a snappy reply, which stands her in good stead. I have seen hardened journalists walk away from speaking to her with a bemused look on their faces, muttering, "She's wonderful, so beautiful—and so much more intelligent than I thought." The old magic of royalty can still work its spell.

In addition to Diana's charity work and the daily responsibilities to her family, she and the prince have embarked on several overseas royal tours nearly every year for the eight years of their marriage. For Diana, whose traveling had been limited to a few European resorts and one trip to Australia to see her mother, it has been very exciting. Her first Commonwealth tour, however, to Australia and New Zealand in 1983, was something of a shock.

"It was like a baptism of fire," Diana said. "But by the time I left I felt I'd actually been able to achieve something."

Tours may look glamorous, but they are very hard work. "Although you are tired, you just have to get on with the job," she says, and helped by her hard-working staff, that is exactly what she does.

During their most recent visit to Australia, the princess confessed to friends later she felt exhausted most of the time and was longing to lie in the sun instead of standing in a smart frock shaking hands. Diana suffers badly from jet lag, and that combined with the heat wiped her out.

On most occasions, Charles is there advising

A few weeks before turning seven years old, William ("Wills") enjoyed some private time with his family on the Isles of Scilly, off the coast of Cornwall.

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her on what she should and should not do. He wasn't at all annoyed by her and Fergie's pranks at Royal Ascot last year, and he even offered to give her a piggyback ride over a puddle himself, which she wisely declined. But when it came to discussion as to whether or not she should be included in the royal "It's a Knockout" team, he put his foot down—quite correctly, as it transpired. Prince Edward was annoyed. He saw his sister-in-law as a major pulling power to persuade Hollywood stars to take part. But Charles was adamant, and a family row ensued. The princess royal accused Charles of being a "stick-in-the-mud," and Diana felt once again she was missing all the fun. When the show came to be screened, she was secretly relieved she had not been allowed to take part; although she thought it a "jolly good giggle," she realized she would not have come out of it well.

While all the parties, receptions, official duties, and traveling keep Diana very busy, they leave her little time to relax and, more important, spend time alone with Charles.

"We're never alone," Diana frequently complains to Charles. When she is free, he is often busy, and if she is not visiting friends, she spends quiet evenings in her sitting room catching up on the TV programs she has missed. She leaves a list with the butler, Harold Brown, of the programs she wants to see, and he arranges to have them recorded. Such soap operas as "Dallas," "Dynasty," and "East Enders" are favorites. She saw *Woman of Substance*, starring Jenny Seagrove, and *The Thornbirds*, with Richard Chamberlain, but she doesn't always find time to watch the whole of the many current miniseries shown on television. Sometimes Diana will curl up with a book; she finds it easier to read intellectually untaxing ones, such as Danielle Steele, Colleen McCullough, and Barbara Taylor Bradford romances.

"My husband doesn't approve of the books I read," she admits, but she finds such novels easy to pick up and put down.

From her choice of books to her choice of staff to her determination to raise "normal" children, the Princess of Wales has come to recognize the things she wants in life. And in the years to come, the Spencer determination will ensure that she gets it.

Prince Harry, to the amusement of his mother, imitates other members of the family and coyly acknowledges the ubiquitous photographers with a Windsor wave.

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THE QUICK ONE

FATHER BROWN AND THE INVISIBLE WITNESS

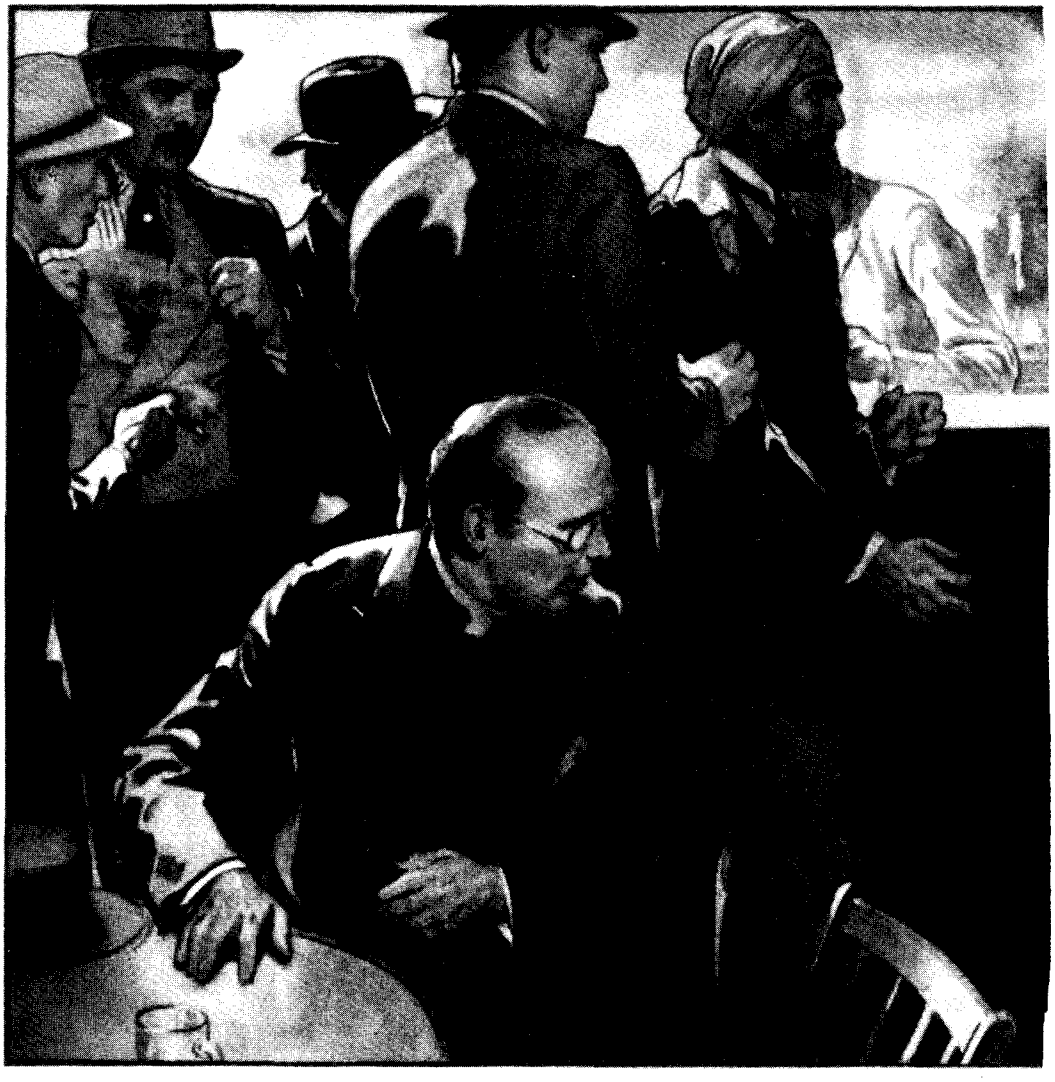
By G. K. Chesterton

Illustrated by H. R. Ballinger

The strange story of the incongruous strangers is still remembered along that strip of the Sussex coast where the large and quiet hotel called the Maypole and Garland looks across its own gardens to the sea. Two quaintly assorted figures did, indeed, enter that quiet hotel on that sunny afternoon; one being conspicuous in the sunlight, and visible over the whole shore, by the fact of wearing a lustrous green turban, surmounting a brown face and a black beard; the other would have seemed to some even more wild and weird, by reason of his wearing a soft black clergyman's hat, with a yellow mustache and yellow hair of leonine length. He, at least, had often been seen preaching on the sands or conducting Band of Hope services with a little wooden spade; only he had certainly never been seen going into the bar of a hotel. The arrival of these quaint companions was the climax of the story, but not the beginning of it; and, in order to make a rather mysterious story as clear as possible, it is much better to begin at the beginning.

Half an hour before those two conspicuous figures entered the hotel and were noticed by everybody, two other very inconspicuous figures had also entered it, and been noticed by nobody. One was, indeed, a large man, and handsome in a heavy style, but he had a knack of taking up very little room, like a background; only an almost morbidly suspicious examination of his boots would have told anybody that he was in fact an inspector of police in plain clothes—very plain clothes. The other was a drab and insignificant little man, also in plain clothes, only that they happened to be clerical clothes; but nobody had ever seen this man preaching on the sands.

These travelers also found themselves in a sort of large smoking room with a bar, for a reason which determined all the events of that tragic afternoon. The truth is that the respectable hotel called the Maypole and Garland was being done up. Those who had liked it in the past were moved to say that it was being done down, possibly done in. This was the opinion of the local grumbler, Mr. Raggley, the eccentric old gentleman who drank cherry brandy in a corner and cursed. Anyhow, it was being carefully stripped of all the stray indications that it had once been an English inn, and being busily turned, yard by yard and room by room, into something resembling the sham palace of a Levantine usurer in an American film. It was, in short, being decorated, but the only part where the decoration was complete and where customers could yet be made comfortable was this large room leading out of the hall. It had once been honorably known as a bar parlor and was now mysteriously known as a saloon lounge; and was newly decorated, in the manner of an Asiatic divan. For Oriental ornament



He regarded the other fanatic with a sort of boisterous benevolence. "Blast your eyes!" he said. "You're the first man I've met in 20 years!"

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pervaded the new scheme; and where there had once been a gun hung on hooks and sporting prints and a stuffed fish in a glass case, there were now festoons of Eastern drapery and trophies of scimitars, tulwars, and yataghans, as if in unconscious preparation for the coming of the gentleman with the turban. The practical point was, however, that the few guests who did arrive had to be shepherded into this lounge, now swept and garnished, because all the more regular and refined parts of the hotel were still in a state of transition.

Perhaps that was also the reason why even those few guests were somewhat neglected, the manager and others being occupied with explanations or exhortations elsewhere. Anyhow, the first two travelers who arrived had to kick their heels for some time unattended.

The bar was at the moment entirely empty, and the inspector rang and rapped impatiently on the counter; but the little clergyman had already dropped into a lounge seat and seemed in no hurry for anything. Indeed his friend, the policeman, turning his head, saw that the round face of the little cleric had gone quite blank, as it had a way of doing sometimes; he seemed to be staring through his moonlike spectacles at the newly decorated wall.

Inquiries were made in a million places, in order to track the flying trail of that ghostly figure.

"I may as well offer you a penny for your thoughts," said Inspector Greenwood, turning from the counter with a sigh, "as nobody seems to want my pennies for anything else. This seems to be the only room in the house that isn't full of ladders and whitewash; and this is so empty that there isn't even a potboy to give me a pot of beer."

"Oh, my thoughts are not worth a penny, let alone a pot of beer," answered the cleric, wiping his spectacles. "I don't know why, but I was thinking how easy it would be to commit a murder here."

"It's all very well for you, Father Brown," said the inspector goodhumoredly. "You've had a lot more murders than your fair share, and we poor policemen sit starving all our lives, even for a little one. But why should you say——Oh, I see. You're looking at all those Turkish daggers on the wall. There are plenty of things to commit a murder with, if that's what you mean. But not more than there are in any ordinary kitchen; carving knives or pokers or whatnot. That isn't where the snag of a murder comes in."

Father Brown seemed to recall his thoughts in some bewilderment, and said he supposed so.

"Murder is always easy," said Inspector Greenwood. "There can't possibly be anything more easy than murder. I could murder you at this minute—more easily than I can get a drink in this bar. The only difficulty is committing a murder without committing oneself as a murderer. It's this shyness about owning up to a murder; it's this silly modesty of murderers about their own masterpieces, that makes the trouble. They will stick to this extraordinary fixed idea of killing people without being found out; and that's what restrains them, even in a room full of daggers. Otherwise every cutler's shop would be piled with corpses. And that, by the way, explains the one kind of murder that really can't be prevented. Which is why, of course, we poor bobbies are always blamed for not preventing it. When a madman murders a king or a president, it can't be prevented. You can't make a king live in a coal cellar or carry about a president in a steel box. Anybody can murder him who does not mind being a murderer. That is where the madman is like the martyr—sort of beyond this world. The real fanatic can

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always kill anybody he likes."

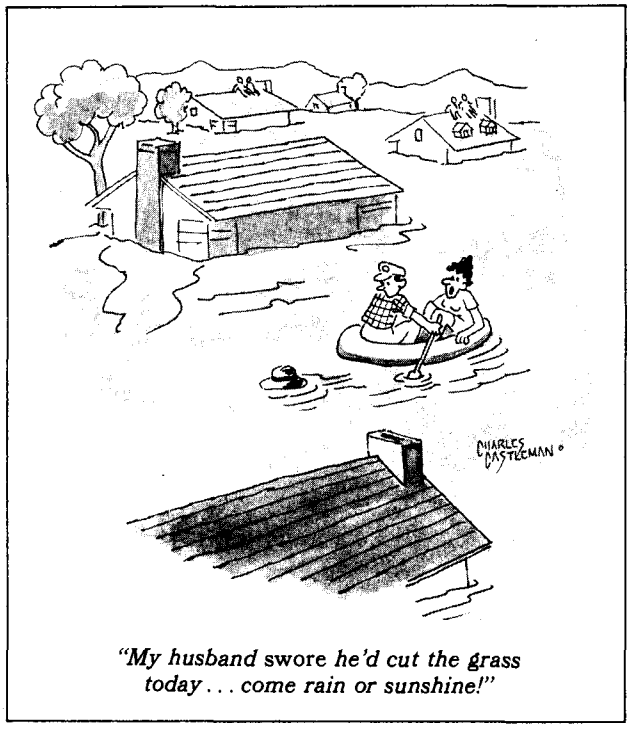
Before the priest could reply, a joyous band of bagmen rolled into the room like a shoal of porpoises; and the magnificent bellow of a big, beaming man, with an equally big and beaming tiepin, brought the eager and obsequious manager running, with a rapidity the police in plain clothes had failed to inspire.

"I'm sure I'm very sorry, Mr. Jukes," said the manager, who wore a rather agitated smile and a wave or curl of very varnished hair across his forehead, "we're rather understaffed at present, and I had to attend to something in the hotel, Mr. Jukes."

Mr. Jukes was magnanimous, but in a noisy way, and ordered drinks all round, conceding one even to the almost cringing proprietor. Mr. Jukes was a traveler for a very famous and fashionable wine-and-spirits firm, and may have conceived himself as lawfully the leader in such a place. Anyhow, he began a boisterous monologue, rather tending to tell the manager how to manage his hotel, and the others seemed to accept him as an authority. The policeman and the priest had retired to a low bench and small table in the background, from which they watched events, up to that rather remarkable moment when the policeman had to intervene very decisively.

For the next thing that happened, as already narrated, was the astonishing apparition of a brown Asiatic in a green turban, accompanied by the—if possible—more astonishing apparition of a Nonconformist minister—omens such as appear before a doom. In this case there was no doubt about evidence for the portent. A taciturn but observant boy cleaning the steps, for the last hour—being a leisurely worker—the dark, fat, bulky bar attendant, even the diplomatic but distracted manager, all bore witness to the miracle.

The apparitions, as the skeptics say, were due to perfectly natural causes. The man with the mane of hair and the semiclerical clothes was familiar not only as a preacher on the sands but as a propagandist throughout the modern world. He was no less a person than the Rev. David Pryce-Jones, whose resounding slogan was Prohibition and Purification for Our Land and the Britains Overseas. He was an excellent public speaker and organizer; and an idea had occurred to him that ought to have occurred to prohibitionists long ago. It was the simple idea that, if prohibition is right, some honor is due to the prophet who was perhaps the first prohibitionist. He had corresponded with the leaders of Mohammedan religious thought, and had finally induced a distinguished Moslem—one of whose names was Akbar and the rest an untranslatable ululation of Allah with attributes—to come and lecture in England on the ancient Moslem veto on wine. Neither of them, certainly, had been in a public-house bar before, but they had come there by the process already described; driven from the genteel tea rooms, shepherded into the newly decorated saloon. Probably all would have been well, if the great prohibitionist, in his innocence, had not advanced to the counter and asked for a glass of milk.



"My husband swore *he'd cut the grass today . . . come rain or sunshine!"*

The commercial travelers, though a kindly race, emitted involuntary noises of pain; a murmur of suppressed jests was heard, as "Shun the bowl," or "Better bring out the cow." But the magnificent Mr. Jukes, feeling it due to his wealth and tiepin to produce more refined humor, fanned himself as one about to faint, and said pathetically: "They know they can knock me down with a feather. They know a breath will blow me away. They know my doctor says I'm not to have these shocks. And they come and drink cold milk in cold blood, before my very eyes."

The Rev. David Pryce-Jones, accustomed to dealing with hecklers at public meetings, was so unwise as to venture on remonstrance and recrimination, in this very different and much more popular atmosphere. The Oriental total abstainer abstained from speech as well as spirits, and certainly gained in dignity by doing so. In fact, so far as he was concerned, the Moslem culture certainly scored a silent victory; he was obviously so much more of a gentleman than the commercial gentlemen that a faint irritation began to arise against his aristocratic aloofness; and when Mr. Pryce-Jones began to refer in argument to something of the kind, the tension became very acute indeed.

"I ask you, friends," said Mr. Pryce-Jones, with expansive platform gestures, "why does our friend here set an example to us Christians in truly Christian self-control and brotherhood? Why does he stand here as a model of true Christianity, of real refinement, of genuine gentlemanly behavior, amid all the quarrels and riots of such places as these? Because, whatever the doctrinal differences between us, at least in his soil the evil plant, the accursed hop or vine, has never——"

At this crucial moment of the controversy it was that John Raggley, the stormy petrel of a hundred storms of controversy, red-faced, white-haired, his antiquated top hat on the back of his head, his stick swinging like a club, entered the house like an invading army.

John Raggley was generally regarded as a crank. He was the sort of person who writes letters to the newspaper which generally do not appear in the newspaper, but which do appear

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afterward as pamphlets, printed—or misprinted—at his own expense, and circulated to a hundred wastepaper baskets. He had quarreled alike with the Tory squires and the radical county councils; and he distrusted nearly everything that is sold in shops, or even in hotels. But there was a backing of facts behind his fads; he knew the county in every corner and curious detail, and he was a sharp observer. Even the manager, a Mr. Wills, had a shadowy respect for Mr. Raggley, having a nose for the sort of lunacy allowed in the gentry; not indeed the prostrate reverence which he had for the jovial magnificence of Mr. Jukes, who was really good for trade, but at least a disposition to avoid quarreling with the old grumbler, partly, perhaps, out of fear of the old grumbler's tongue.

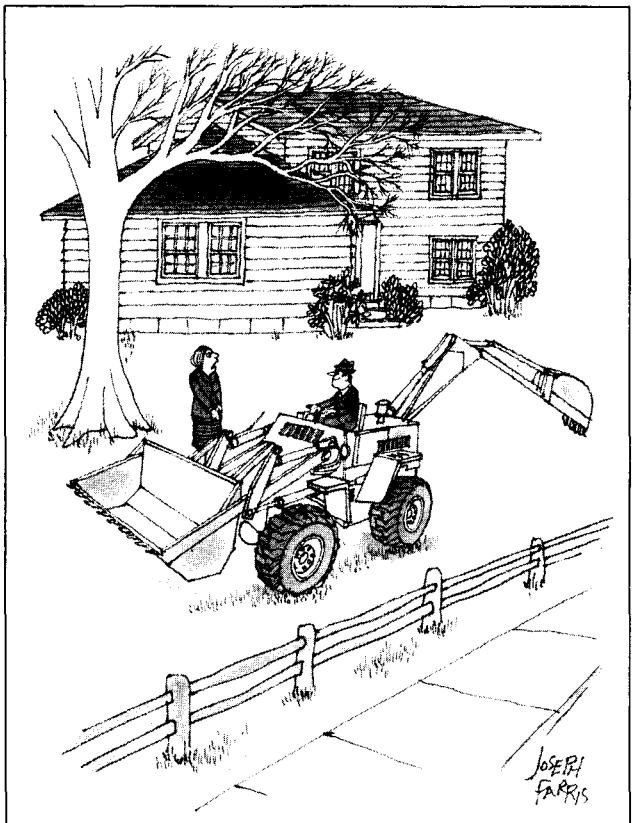
"And you will have your usual, sir?" said Mr. Wills, leaning and leering across the counter.

"It's the only decent stuff you've still got," snorted Mr. Raggley, slapping down his queer and antiquated hat. "I sometimes think the only English thing left in England is cherry brandy. Cherry brandy does taste of cherries. Can you find me any beer that tastes of hops, or any cider that tastes of apples, or any wine that has the remotest indication of being made out of grapes? There's an infernal swindle going on now in every inn in the country that would have raised a revolution in any other country. I've found out a thing or two about it, I can tell you. You wait till I can get it printed, and people will sit up. If I could stop our people being poisoned with all this bad drink——"

Here again the Rev. David Pryce-Jones showed a certain failure in tact; though it was a virtue he almost worshiped. He was so unwise as to attempt to establish an alliance with Mr. Raggley, by a fine confusion between the idea of bad drink and the idea that drink is bad. Once more he endeavored to drag his stiff and stately Eastern friend into the argument, as a refined foreigner superior to our rough English ways. He was even so foolish as to talk of a broad theological outlook, and ultimately to mention the name of Mahomet, which was echoed in a sort of explosion.

"Do you mean," roared Mr. Raggley, with a less broad theological outlook, "that Englishmen mustn't drink English beer, because wine was forbidden in a d— desert by that dirty old humbug Mahomet."

In an instant, the inspector of police had reached the middle of the room with a stride. For, the instant before that, a remarkable change had taken place in the demeanor of the Oriental gentleman, who had hitherto stood perfectly still, with steady and shining eyes. He now proceeded, as his friend had said, to set an example in truly Christian self-control and brotherhood by reaching the wall with the bound of a tiger, tearing down one of the heavy knives hanging there and sending it smack like a stone from a sling, so that it stuck quivering in the wall half an inch above Mr. Raggley's ear. It would undoubtedly have stuck quivering in Mr. Raggley, if Inspector Greenwood had not been just in time to jerk the arm and deflect the aim.



"I like seeing you happy, Melvin, but now that you've bought it, what're you going to do with your backhoe-loader?"

Father Brown continued in his seat at the table, watching the scene with screwed-up eyes and a screw of something almost like a smile at the corners of his mouth, as if he saw something beyond the mere momentary violence of the quarrel.

And then the quarrel took a curious turn; which may not be understood by everybody until men like Mr. John Raggley are better understood than they are. For the red-faced old fanatic was standing up and laughing uproariously, as if it were the best joke he had ever heard. All his snapping vituperation and bitterness seemed to have gone out of him; and he regarded the other fanatic, who had just tried to murder him, with a sort of boisterous benevolence.

"Blast your eyes!" he said. "You're the first man I've met in 20 years!"

"Do you charge this man, sir?" said the inspector, looking doubtful.

"Charge him? Of course not," said Raggley. "I'd stand him a drink if he were allowed any drinks. I hadn't any business to insult his religion, and I wish all you skunks had the guts to kill a man—I won't say for insulting your religion, because you haven't got any, but for insulting anything—even your beer."

"Now he's called us all skunks," said Father Brown to Greenwood, "peace and harmony seem to be restored. I wish that teetotal lecturer could get himself impaled on his friend's knife; it was he who made all the mischief."

As he spoke, the odd groups in the room were already beginning to break up; it had been found possible to clear the commercial room for the commercial travelers, and they adjourned to it, the potboy carrying all their tumblers after them on a tray. Father Brown stood for a moment gazing at the glasses left on the

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SHAKING DOWN THE THUNDER

The glory that was Notre Dame shines again, thanks to Lou Holtz, who has made the Fighting Irish America's No. 1 football team.

by Gerry Kingdom

It is March 17, Saint Patrick's Day, near South Bend, Indiana. Lou Holtz is seated before a desk-top pile of clutter that reveals the mundane side of coaching the nation's best football team. Outside, an atmosphere of Fighting Irish revelry prevails. Notre Dame owns the national championship for the first time on Saint Patrick's Day in almost ten years.

Holtz's mood, however, is reflective. "The years after the war were the best years of my childhood," Holtz says. "I was eight or nine when the war ended and everybody came back from the service. There was a feeling of euphoria. My father and my uncles were with us again, and we were very happy. The family was together. Unfortunately, we Americans don't seem to have that family spirit today. Other things have gotten too important."

But such is not the case here at Notre Dame, for the family feeling here is almost palpable, and as much so in Lou Holtz's office as it is anywhere. From the visual remembrances of his own family (two of his four children are students here) and the Notre Dame football family, to the statue of the Catholic Church's Holy Mother, *Notre Dame* herself, the office speaks loudly and clearly of the importance of family. "When you're in a family, you learn two things," the two-time National Coach of the Year expounds. "You learn, number one, that you're special. People make you feel special. But you also learn that you are expected to make a contribution to that family. And that is very much a part of life here at Notre Dame."

Lou Holtz does not welcome comparisons with past Notre Dame greats. "I didn't come here to be a legend," he says.

Holtz reaches to the floor alongside his desk, searching for a "Letter to the Next Generation" he has written for *Time* magazine. He is proud of the letter. It is all about family.

As he gropes without success, an elderly alumnus wearing a baseball cap emblazoned with the proclamation "Holtz Is Irish!" eases self-consciously past the football office hoping to get a peek at the legend-in-the-making.

This older man, too, is "family." For Notre Dame's family, spreading from the sunshine alumni of Kaneohe, Hawaii, to the subway alumni of Brooklyn, New York, is a vast group of fans.

Holtz produces the copy, hidden among hefty stacks of folders and sheets. One paragraph stands out: "The strength of a society is not found in the comforts of living but in its values, morals, and concern for its fellow men. I believe that these principles are predominantly developed in the family."

The passage on family denotes the teacher in Lou Holtz, and above anything else he is that. It is evident in his writing, in his speaking, and in his coaching. He thrives on teaching. And he is very good at it. His motivational tapes are bestsellers, and his inspirational speeches make him one of the nation's most sought-after speakers.

"I do not believe a coach is anything more than a teacher," he proclaims, sweeping aside an unkempt mound of smoking pipes that belie his orderly mind. "If you're a good teacher, you'll be a good coach. If you're a good coach, you'll be a good teacher. And to be good at either, you've got to have discipline. There is no way people can teach, or people can learn, if it's not in a disciplined environment. And discipline, by the way, is not what you do *to* people, it is what you do *for* them."

And Lou Holtz, the coach and the teacher, does have discipline. In fact, a single disciplinary action on his part won him nationwide respect as a coach and contributed greatly to his eventual hiring at Notre Dame. Before the 1977 Orange Bowl between his Arkansas

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Razorbacks and the second-ranked Oklahoma Sooners, Holtz suspended three players who had that season scored most of Arkansas' touchdowns. The athletic powers-that-be at Notre Dame would take note of such integrity. Ironically, Holtz's Razorbacks defeated the Sooners 31-6 in that year's Orange Bowl, giving his own team a third-place finish in the final rankings—and helping send the national championship to the team that would defeat Texas in the Cotton Bowl: Notre Dame.

"When it comes to discipline here," Holtz says, "We ask three questions: Will it make him a better man? A better student? A better athlete? If the answer is yes, we make him do it. The next step is up to him. An individual has a choice when you discipline him: either to become bitter or better."

Judging by his squad's record, Holtz's charges have become better men. But all is not as serious with Lou Holtz as his sometimes stern manner might imply. There is also the comical Lou Holtz, whose quick, self-deprecating humor elicits bursts of laughter.

That humor shone through at last year's national championship Fiesta Bowl game when Holtz was asked if he had ever met West Virginia's coach, Don Nehlen. "Yes," he replied. "I played against him in college. He ran the ball out of bounds and knocked me off the bench."

At William and Mary, where Holtz coached during the early 1970s, someone asked him if he could see the light at the end of the tunnel now that he had won a big game. "We've got to be careful," he quipped. "The light at the end of the tunnel might be an oncoming train."

And few football fans will soon forget the one-liner he used after fans began heaving oranges onto the field during the game with Southern Methodist that clinched the Orange Bowl berth for his '77-'78 Arkansas squad. He looked to the sky philosophically and remarked, "I'm glad we aren't at the Gator Bowl."

The Irish coach is not as diminutive as he appears to be on television, where he is often seen standing next to players who are more than 6'6". When he rises from his desk to stretch away the aftereffects of a morning's paperwork, he stands close to 6'0": lean and militarily upright. "You know," he says, whisking away some dust specks from an otherwise impeccable tan shirt, "I'd just like to be a dumb coach who wins a couple of national championships."

It is vintage Lou Holtz. He is not one to let his words speak louder than his actions. "I graduated near the bottom of my class," he says, retaking the seat behind his desk. "I never had a date in high school. . . . I was not a very good athlete. . . . My own alma mater wouldn't hire me. . . ." And on and on.

And then he smiles. His failures are insignificant compared to his successes, and he knows they are. During his 19 years as a head football coach, he has done some remarkable things. In his first year at Arkansas, his team went 11-1 and finished third in the nation. In his 7 years there, he compiled an exceptional 60-21-2 won-lost-tied record. At North Carolina State, his four teams produced the best four-season record in the history of the school. And at Minnesota, he took a team that had lost 17 straight conference games and led it to a winning season in a matter of months.

Is this affable winner the product of a happy childhood? "Yes, very," he says emphatically. "I was a Depression child. We were really poor,

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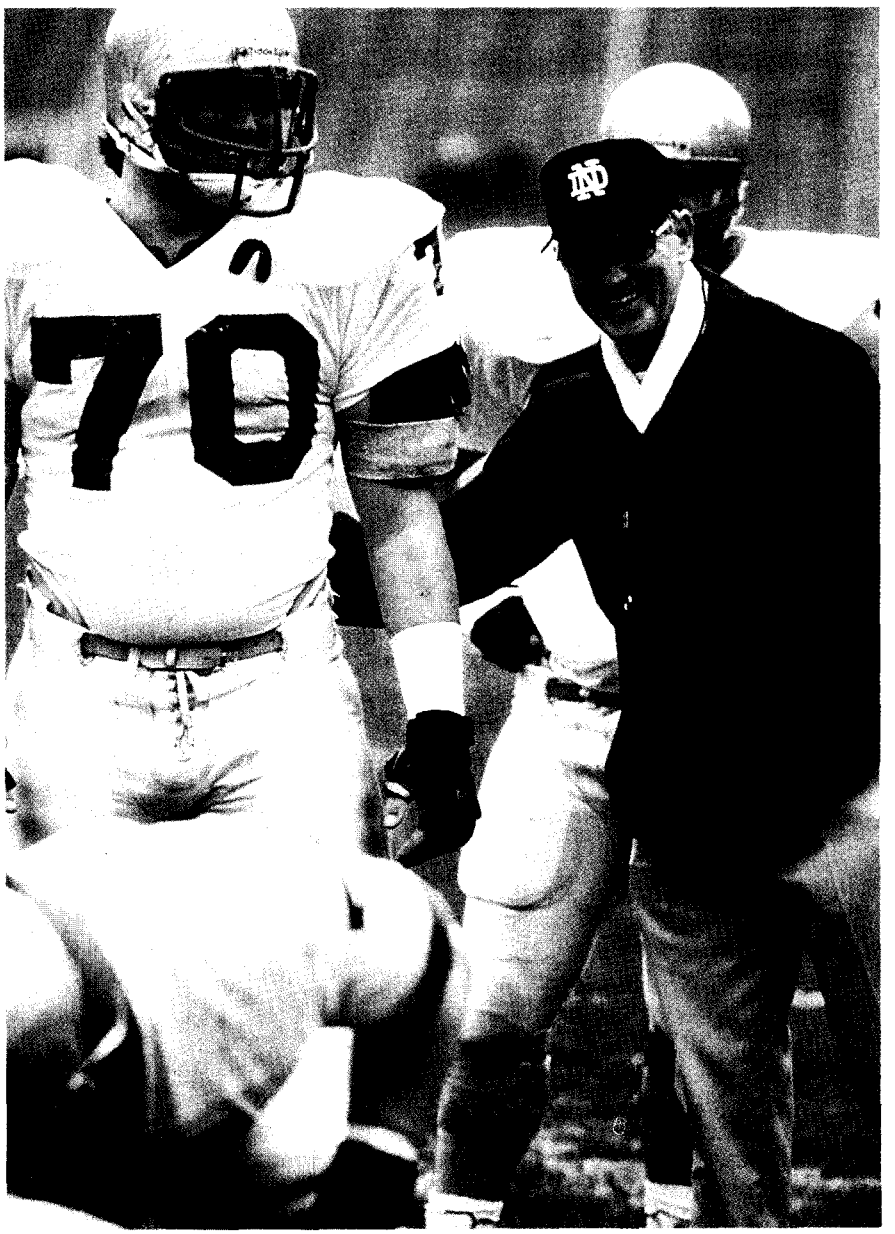

Instead of calling plays over a loudspeaker, the coach mingles with the players, dispatching Holtz-style humor and discipline when needed.

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Will Yurman

LOVE BLOOMS IN THE AISLES

Exercise buffs are swarming to malls to stroll in comfort and perchance to find romance.

by Joseph Pereira

The morning air is sweet with the scent of evergreens. The landscape is serene, the temperature unseasonably warm. Ed Grilli, 67, laces up his sneakers and starts a brisk four-mile hike.

"Isn't this a beautiful country?" he rhapsodizes.

Grilli isn't talking amber waves of grain or purple mountain majesties above the fruited plain. He's talking a vast mesa of shoe racks and costumed mannequins. He's talking Radio Shack, Thom McAn, and Docktor Pet Center. He's talking the 126-store Southshore Shopping Plaza Center.

More and more Americans are forsaking the pleasures of strolling the great outdoors for the climate-controlled comfort and piped-in music of the local mall. They are mall walkers —the fitness buffs who find nothing so invigorating as a few laps around the potted plants and the ersatz waterfalls.

Five months after Mary walked her way into Jim Padalino's life, they walked down the aisle together in the Hamberg, New York, mall where they met. Many of the 750 wedding guests took a turn around the mall before attending the ceremony.

The Shoe That Fits

Their numbers are growing by leaps and bounds. Avia Athletic Footwear, a division of the footwear maker Reebok International, estimates there may be as many as 500,000 mall walkers in the United States. To capitalize on the new market, the shoe company recently introduced a walking shoe designed "to give extra traction for smoother, slicker mall floors" and "to propel the body's momentum forward."

Some sneer at the trend. "I like the fresh air and trees, the song of a bird or the smell of flowers, a little wind on your back, and the surprise of suddenly coming upon a lake in the woods," says Brad Ketchum, editor of *Walking Magazine,* who walks two

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miles to his office in downtown Boston. "In a mall you're likely to turn a corner and discover an Orange Julius."

John Robinson, a sociologist at the University of Maryland, shudders to think of exercising in the typically sterile atmosphere of a shopping center. He says it brings to mind the cult movie *The Night of the Living Dead,* in which an army of zombies roams aimlessly through malls.

But aficionados say the advantages of indoor strolling are obvious. Mall walkers don't have to do battle with bus fumes, bad drivers, or dogs. Roaming guards provide a measure of security. Malls are heated in the winter and air-conditioned in the summer. It never rains.

The mall can also be a great place to look for love. For Mary and Jim Padalino, romance blossomed among the retail shops two years ago. "For a whole year I kept going to McDonald's for breakfast, hoping to find a boyfriend," Mary Padalino, 60, recalls. "All I found was 12 extra pounds around my waist."

Catered by Burger King

Then she took up mall walking at McKinley Mall in Hamberg, New York, and met Mr. Padalino, 75, who also had been widowed. The two got married five months later at the shopping center. Three of the mall's fast-food shops, Arby's, Burger King, and Long John Silver's, catered the affair, which was held in an open concourse. Original Cookie furnished the wedding cake—a giant chocolate-chip cookie shaped like a heart. Tuxedo Junction outfitted the wedding entourage. Other mall stores provided the invitations, music, and flowers.

More than 750 guests attended the ceremony, most of them mall walkers. The ceremony was conveniently scheduled at 9 a.m. so guests could exercise first. Since the wedding, the Padalinos have launched a new career. Avia, the footwear maker, jets the celebrity mall walkers around the country to promote its new shoe.

Increasingly, malls are catering to walkers. After all, they have found it to be good business. "I found these nice ruby earrings," says Michelle Smith, 26, a beauty consultant who ow-shops as she strolls through Lakeland (Florida) Shopping Mall. "It provides a good motivation to exercise."

Mall walkers are usually early birds, getting into stride before the malls become crowded. Some malls allow walkers in through employee entrances as early as 6:30 a.m. Others etch mileage markers in walls. Crossroads Mall in Boulder, Colorado, built exercise stations so walkers can flex and stretch. From time to time, a

After meeting and marrying in a hometown mall, the Padalinos are now working together in malls across the country—promoting walking shoes.

number of malls offer apres-stroll refreshments: bran muffins and decaffeinated coffee are popular items.

Some malls even ask walkers what type of music they prefer, but mall walkers aren't fussy. In fact, they actually seem to *like* the stuff piped out over the loudspeakers.

Mall walkathons are becoming a big event. Last month, animal rights advocates raised $2,500 walking 23 laps—that's about 12 miles—at Fairfield Mall in Chicopee, Massachusetts. Woodfield Shopping Mall in Schaumburg, Illinois, launches major center events with a mall-walking contest. Contestants are asked to dress in orange, the mall's color. Winners—those who log the most mileage—get gift certificates for use at mall stores.

Joseph Piombino, an accountant from Mount Prospect, Illinois, who does six miles a day at Woodfield, bagged a $50 gift certificate after logging 3,000 miles in a recent contest. "I've walked across America," he says. "And I did it at Woodfield Shopping Mall."

Physicians are encouraging the trend. "For a patient, the mall eliminates just about every excuse not to walk," says Ben Beres, director of physicians at Quincy (Massachusetts) City Hospital. "In a certain sense, the mall could be a lifesaver."

Quincy City Hospital staffs a nursing booth outside a Sears Roebuck store at the Southshore Shopping Plaza where walkers get free blood-pressure checks. And the Lakeland (Florida) Regional Medical Center sends a fitness expert to a local mall to lead walkers in warmup and cool-down exercises.

A School for Walkers

Mall walking wouldn't seem to require any special talent or technique, but for those who insist on instruction, at least one college offers a semester-long course in the subject. Contra Costa Community College in Richmond, California, conducts classes at a local mall and grades students on attendance and will-power: top performers manage to avoid the pastry shops.

Mall walkers revel in the camaraderie. Exuding the enthusiasm of an aerobics instructor, Ed Grilli barks doses of encouragement as he passes others one recent morning at Southshore. "You're looking younger than yesterday, Ed," a walker in a derby hat hails Grilli as the two pass in front of a Casual Corner. "Move those arms, young man, keep 'em moving," Grilli replies as he steams forward.

The 100-Store Dash

Grilli says the mall walking has helped him cut back on the drugs he takes to control cardiovascular

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The romance expert advises waking hubby at the break of day to hear the birds sing. I say if my dear wife ever tries it, she'll be hearing the birds sing for the next two days.

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Making a new lover out of an old hubby may work for a movie star, but for an old hubby from Freedom, Indiana, the idea isn't worth a snowball in you-know-where.

Illustrated by Don Trawin

How do you know when the honeymoon is over? You get a pretty good idea the morning your dear wife asks, "Before putting your shoes on, would you mind walking around right here? —I can't find the thumbtack I just dropped."

Our romantic relationship was not strengthened a whole lot when, later that morning as I removed my one coat from the closet, the wooden pole slipped its moorings and all 18 of her coats landed in a heap on the floor. As I set a new record for closing the outside door behind me, I was left to speculate whether her parting remark had to do with my fixing the rod or something about God.

In either case, instead of stopping at Melick's on the way home for a dozen long-stemmed roses, I saved $32 by stopping at the Spencer-Owen Public Library for this book dealing with how to keep romance alive after marriage. Although the author was a movie star with only two husbands to her credit, I figured she might still have picked up a few pointers in the romance department that my dear wife and I had overlooked.

The recurring theme of the book —not finding a new lover but making a new lover out of old hubby—I can't argue with. What I do argue with is that the approach might well be feasible with the Hollywood crowd, but for the bunch in Freedom, Indiana, I'm afraid these tactics aren't worth a snowball in you-know-where.

"Wake your husband at daybreak to hear the birds sing" is one snappy sentiment. To which I reply: If my wife ever wakes me at daybreak to hear the birds sing, she'll be hearing the birds sing for the next two days. Currently she wakes me at daybreak only to tell me that the furnace hasn't come on. And that is often enough.

I did try out the next idea: "Don't eat the same food in the same way; take off for other places . . . keep an element of unpredictability between you." I took off for Spencer and told my dear wife we would be dining at McDonald's—then surprised her by going to Hardee's. Another time I actually went to McDonald's—but to the drive-in window, and we ate in the car. However, it didn't seem to do much for our romance. Next time I may light a candle on the instrument panel.

Another jim-dandy suggestion for keeping the old romancebuds alive involves serving her a glass of Perrier water when she is expecting champagne. The real surprise comes when at the bottom of the glass she finds a diamond ring. The only trouble here: our Perrier comes from a 248-foot well. I tried planting a pair of zircon earbobs in a glass of Diet Pepsi, but had it not been for my expertise with the Heimlich maneuver, the poor girl might have choked to death.

Champagne evidently plays a big role in keeping Hollywood people in a romantic state. Another idea for getting out of the marriage rut is to serve hubby the bubbly in bed. If my dear wife served me so much as coffee in bed, I'd spend the rest of the day wondering what she'd been up to.

To rejuvenate hubby's marital excitement, the romance expert advises the wife to change the color of her hair. My wife did that a number of years ago, going from brown to gray. And it didn't exactly have me doing flip-flops. The only time she tried a magic potion to change it artificially, due to an overdose or whatever, was the year we took separate vacations.

"Step out of your usual role and be someone else," to quote the pro. "Anything can be changed, even your name." Oh, yeah? For years my dear wife wanted to change her name to Mrs. Errol Flynn, but it never happened.

The author further advises her readers not to live life secondhand, but to live it firsthand. She says when you see a couple on television being romantic by fireside, "Don't just dreamily stare at the scene. Instead, be romantic by fireside." The catch here is that our heat comes from a floor register. Not too romantic at best. And if the blower should come on, forget it.

Here's another dandy. "If a man puts a red rose next to your bed or a box of chocolates on your pillow, that could give you a big lift." To which I respond, if I catch a man putting a red rose or a box of chocolates anywhere near our bed, he'll get a lift that will make my wife's lift a depression by comparison.

As you can see by now, a couple is not to live "predictable, supermarket lives, with everything prepackaged and prearranged."

The writer illustrates this best by pointing out: "Anyone who has a

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SALLY JESSY RAPHAËL ON THE MOVE

After being given the pink slip a total of 18 times, this talented TV talk-show host and radio counselor is now at the peak of her profession.

by Randall Beach

Sally Jessy Raphaël—successful, nationally known TV-talk-show and radio-show host—will cheerfully tell you that she has been fired 18 times.

People don't believe her. They also shake their heads when she says that after one such sacking, she gaily loaded her family (husband, kids, dogs, and cats) into the car to tour Civil War battlefields. Because they were too poor to stay in motels, they all lived in the car during the entire trip.

How could somebody as engaging and talented as Raphaël be fired 18 times? Her easy response: "If you're dumb enough and stubborn enough to stay with broadcasting and you live that long, you'll have lots of firings."

Raphaël—completely at ease before a live studio audience taping a show that will be seen by millions of people—says, "Nervousness is not an emotion I have."

But now, at the peak of her career, Raphaël, 46, sits in her dressing room at TV station WTNH in New Haven, Connecticut, bouncing her pet poodle, Eloise, on her lap and happily discussing her colorful career. This is a rare moment, because Raphaël seldom stays in one place. Her day begins at about 5:30 a.m.; usually she heads out to the gym near her home in Westchester County, New York. If it's Monday, Tuesday, or Wednesday, by 7:45 she is in a limousine, bound for New Haven. She does phone work, studies for that week's shows, or reads to get ideas for future shows.

After her two-hour ride, Raphaël gets made up and tapes one and often two 60-minute shows; then she bolts for the limousine to get back to New York by 6:45 p.m. She does her live, nationally broadcast radio call-in show from 7:00 to 10:00 p.m., Monday through Friday. Then it's home to spend some "quality time" with her husband, Karl Soderlund, and whichever of their eight sons and daughters might be around.

"Isn't it gruesome?" she asks with a laugh when asked how she manages it all. "I'm not sure how I do it; I don't stop to analyze. I'm not even sure how it came about. It's a defensive mechanism; it comes from having enough bad experiences. When you're struggling, you keep a lot of balls going in the air. You can't afford to say, 'All I want to do is just one thing.' Broadcasting is such an insecure profession.

"So one thing gets going, then the other gets going. More of them click than they used to, because you're smarter. You've learned from your mistakes. And success brings success. You should probably cut down, but you don't ever know what will happen. It could be over tomorrow. My history has been that this could disappear quickly and suddenly."

Although most people wouldn't tell their friends, let alone an entire country, that they have lost so many jobs, Raphaël believes it is her duty to publicize this fact: "I have a responsibility to people who call in to the radio show. I give advice three hours a night, five days a week. I hear what people worry about, what concerns them. A great big worry is that there is a huge establishment. People have low self-esteem; they say, 'I can never measure up. If I've been let go by a corporation, that's an indictment of me and my talents.' Well, that was one person's opinion of you and it was probably wrong. If I say, 'I've had that happen to me 18 times,' they'll say, 'If she can survive that kind of rejection, maybe that guy *wasn't* right. He was wrong.' "

Raphaël notes that actors and actresses go through similar self-doubt every time a play closes; they wonder if they'll ever get another part. Or when a girl or woman loses a boyfriend, she may fret, "I'll never get another one."

Raphaël never fretted. She just kept pulling up stakes, bringing along her flexible husband and kids and pets. She figures they have moved at least 25 times. "For most of the journey, it was great fun and high adventure. That's a mind-set, not a financial statement. You don't come home and say, 'Kids, mom's been

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fired again; we have to move.' You say, 'Isn't it fun to meet new people and see new places and go to a new school?' We try to make an adventure of everything."

When she was "lucky," Raphaël would get dismissed at the same time the school year ended. This happened to her once in Florida about ten years ago, leading to one of the family's greatest "adventures." "We were heading north without a job, so we figured, why not see the South and visit Civil War battlefields?" she says. "But we didn't have enough money for motels and restaurants, so we packed lunches and shopped at supermarkets and slept in the car."

At that time, there were three kids along for the ride. Raphaël never knows what number to use when people ask how many "kids" she has. "I picked the number eight because it makes people happy. I think it's laughable [that people need to hear an exact number]—but the hierarchy of corporations doesn't think it's laughable."

"One does in one's life what one has to do. 'If only' is a useless phrase. It's best to say, 'All I did was what I thought was right at the time.' "

Here's how she arrives at that number: two daughters from her first marriage; two daughters from Soderlund's first marriage; a boy from Puerto Rico who came to live with them and decided to stay; a boy they adopted in Florida; and "two friends of friends from Ireland who came by and never left. After five years, you can call them your children."

Raphaël describes her family situation as "a changing scene that boggles the minds of reporters." Members of her brood, now aged 15 to 30, come and go, occasionally moving out, then moving back home after discovering that their "dream apartment" has no hot water. "Some nights we'll have 20 people at our dining room table," she says, "and some nights there are two of us. But we all call each other every day."

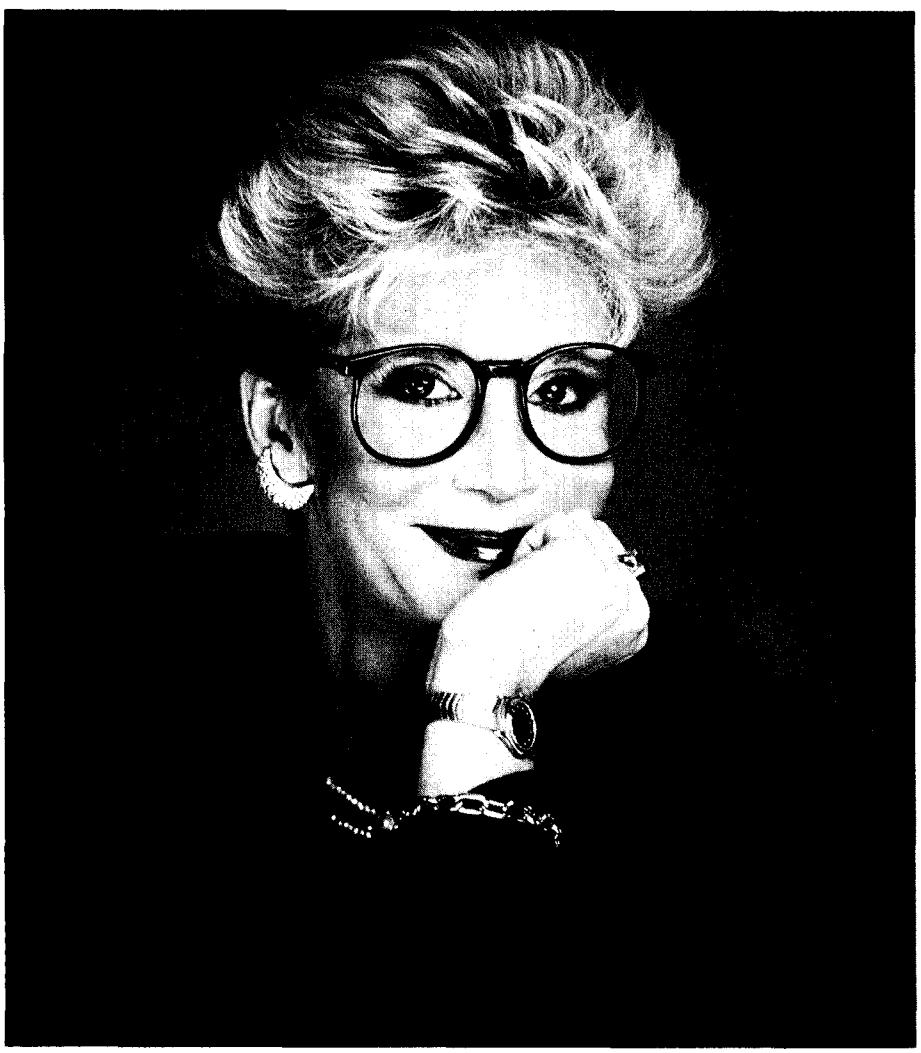
When asked whether she sometimes has felt guilty about not having more time to devote to her family, Raphaël says, "Guilt is part of having kids. But kids react differently. Some of them play a game called 'Gotcha,' where they blame you for not being there, for not doing this or that. As a person who's raised a lot of children, I've learned not to listen to that and not to feel guilty. One does in one's life what one has to do. 'If only' is a useless phrase. It's best to say, 'All I did was what I thought was right at the time.' "

She must be doing something right: the National Mother's Day Committee has named Raphaël one of eight "Outstanding Mothers of 1989." (Other winners included Meryl Streep and the CBS-TV news anchor Faith Daniels.)

Raphaël met Soderlund, now her manager, when he hired her to work at his radio station in Puerto Rico, a place she had spent many years of her childhood. Six months after she married Soderlund, *he* was fired. And they hit the road for their first "adventure."

During the couple's two decades of marriage and two dozen moves, their ventures have included running an art gallery, a perfume factory, and a wine bar. They still own and manage a bed-and-breakfast in Bucks County, Pennsylvania—just another "ball in the air," part of what Raphaël calls "running around, dropping nickels in slots."

Raphaël's broadcasting career took off in 1982, after she met Burt Dubrow, then the executive producer for "Braun and Company," a syndicated TV program in Cincinnati. Dubrow heard Raphaël on her radio show and brought her in to guest host "Braun." He immediately saw her potential, and the two conceived



The secret of Raphaël's appeal may be her down-to-earthness. She shares the same imperfections and frailties as her viewers, and she isn't afraid to admit to them.

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He had spent his life helping others, but now that he was old and poor and sick, they never even came to see him. He was

THE MAN NOBODY REMEMBERED

BY WILLIAM BRANDON

Illustrated by Ben Stahl

The violin was a soft, burnished color. It seemed to glow, Susan thought, with the rich luster of all the music that had been drawn from it in its more than 200 years of life.

Mr. Taylor held it in his bony hands. He said, "It's got a good tone. A tone like silk."

"It's beautiful," Susan said.

Mr. Taylor put the violin in its case. He raised himself up in the bed and held the violin out to Susan. His old spectacles, patched together with adhesive tape, were lopsided on his nose. He said abruptly, "I want it should be yours."

Susan was startled. She said, "Your violin?"

"I want to give it to you," Mr. Taylor said. "I give it to you and your mister. It's a present for this first wedding anniversary you're having."

"But it's your violin!" She took

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"It's got good tone," Mr. Taylor told Susan. "A tone like silk."

the case to keep it from falling. His hands were unsteady. She said, "But you can't give your violin away! For one thing, it's worth a lot of money!"

"Not too much," Mr. Taylor said. He lay back on the pillows. "It's a Guarnerius, but Joseph del Gesu's uncle, not Joseph. Oh, it's a good fiddle, but not a Giuseppe."

"Just the same, I couldn't dream of taking anything so valuable. Why, it would look immoral."

Mr. Taylor chuckled, as evilly as he was able. He said, "Flattery will get you nowhere. I give you the fiddle, and that's that. You take it to the orchestra rehearsal and tell them you want to sell it, and someone will buy it or have a rich student buy it, and don't tell me you youngsters can't use a little piece of money."

"It's wonderful of you to want to give this to us," Susan said. "But really, I simply won't let you. Not your violin."

Mr. Taylor said angrily, "Listen, it's got so I can't give a present to a friend? Your first wedding anniversary isn't important enough, maybe? Listen, anything you celebrate, that's the most important one yet, because, for all you know, there won't be another. I'm old enough to know. On my first wedding anniversary some friends came from the orchestra and played a serenade. 'Eine kleine Nachtmusik.' I have never forgotten. Why? The next year my girl died. That was our first anniversary, that was our last anniversary. Listen, Susie. I sit here in bed, I look out the window; there's the back lots to look at down there, full of rubbish; there's an old cat on a fence; there's the clotheslines crisscrossing; there's women with big arms pull the clotheslines back and forth. I sit here in bed, my room's cold, this is a crummy old house, it smells like an empty sauerkraut barrel. I sit here in bed, I wonder what I was born for, what have I lived for. I am 79 years old, and I don't know yet. Maybe it's just so I can now give you and your mister my fiddle. Could that be? So now you accept it from me, please."

"You are so darned stubborn," Susan said. She reached out and took his hand and said, "Thank you. It's the nicest gift we'll ever have."

"Bah, you'll have hundreds," Mr. Taylor said.

• • •

Susan and Steve lived in a one-room apartment in the fourth-floor back in Mrs. Melinda's tatterdemalion brownstone house. Steve worked in a garage and studied engineering in night school. Susan

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made lampshades to help out their income. Life was still ahead of them and they didn't mind not having any money. They were going to have six children and a house in Scarsdale, and they had a vague notion all this would come to pass instantly when Steve got his degree. Old Mr. Taylor, bedridden much of the time with arthritis and a bad heart, occupied the fifth-floor back, above them. Almost every day Susan ran up the fire escape to visit awhile with Mr. Taylor. She liked to listen to him talk about music. Mr. Taylor had spent his life as a violinist with the symphony. Susan was Mr. Taylor's only visitor, except for Mrs. Melinda, who came in now and then to cook for him and pick up his room, an expression of Mrs. Melinda's that meant a flourish with a carpet sweeper and an oily rag at the boldest of the dust.

When Steve came home for supper and Susan showed him the violin, he said, "Holy smoke, not his fiddle! It must be worth a fortune!"

"He says that it isn't a Giuseppe, whatever that means. But I'll bet it's worth hundreds and hundreds, at least. I took him a bottle of grocery-store wine because it's his birthday, and he gave me his violin because it's our anniversary. I couldn't refuse it, the way he insisted. It's the only thing he had to give, so he gave it to us. It's so ridiculous. It makes me feel like a swindler."

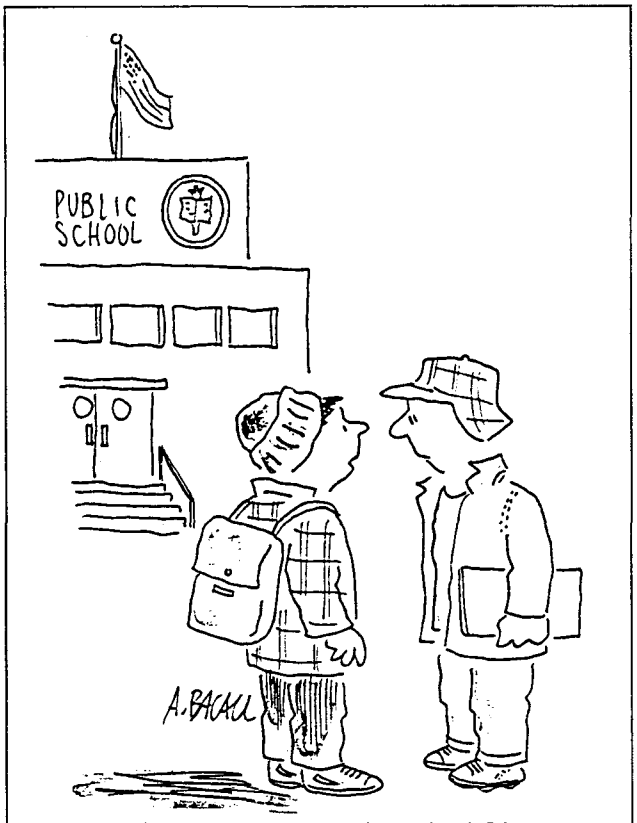
"It's all right," Steve said. "He likes you. I can understand that. Sometimes I like you myself." They stood side by side, looking down at the violin. Speculatively, Steve nibbled her ear. Susan backhanded him on the jaw.

She said, "He's so terribly lonely. He said today he wondered why he'd been born, and what he'd lived for. I cried after I came home."

"Hey, we could sell the violin and get Mr. Taylor something with the dough," Steve said. "Or we could even get him something with part of the dough. That would be fair enough. Maybe some medicine."

Susan shook her head. "There isn't any medicine that can help him. And he did give it to us," she said practically. "And gosh knows, we need enough things."

"You don't need anything," Steve said. "You've got me. But I'll admit I could do with a new pair of shoes." That reminded him that he needed a new cardboard inner sole, so he sat down and cut one out. He said, "I might let you get a new coffeepot."



"I can't come out to play after school. I have to help my dad with my homework."

"I've had my eye on one," Susan said. "It's 79¢. I'll tell you what I did think of. I thought we might sell it and get him a real good record player and a lot of records. But the only thing wrong with that is that he's hard of hearing and has to turn the volume up loud, and then Mrs. Melinda makes him shut it off. You remember, with the old phonograph he used to have. We could hear it playing clear down here. I suggested using earphones to him once, but he said he didn't like the way music sounded through earphones. But otherwise, I really wouldn't know what to get him with the money."

"There's another thing we could do," Steve said. "We could keep the violin. One of those six kids might learn to play it."

"Ha," Susan said. Steve held up the piece of cardboard he'd been wearing in his more holey shoe during the day. There was a frayed ring in its center. "The very first thing will have to be new shoes," Susan said. "And a white shirt."

"Nuts. I'll get two more work shirts instead, for the same price."

"But I'm sick of work shirts. Just one white shirt."

"O.K., if you get a pair of nylons. I'd like to see you in stockings one more time before I die."

"But I don't need nylons. I've got used to going without stockings. I'd catch cold. I'll tell you what," Susan said with enthusiasm. "Let's make a list. Let's put down everything we can think of. Then, when we find out how much money there'll be, we can cross stuff off. Let's begin with your insurance loan. That's 480, to start with. Let me get a pencil."

"Good Lord, we couldn't get enough to pay that off. Maybe we could pay something on it."

"No, let's put it all down. And a sewing machine. We'll put down all the big things first."

Steve said, "If you're going to do it that way, put a whole set of pots and pans down on the list instead of just a coffeepot."

They filled out the list while Steve ate his supper. The total was staggering. Still, as Susan pointed out, they didn't know how much the violin would bring, and they could dream, couldn't they? She would take it down to the orchestra rehearsal right away that evening, and find out. Maybe it would bring even more than the entire sum of the list, for all they knew. You read in the paper that a Stradivarius was worth 20,000, so, say a Guarnerius was worth half as much, and say this Guarnerius, not being a Giuseppe, was only worth one-fifth as much as a Giuseppe

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Guarnerius—that would still be $2,000. But of course it was foolish to think of that much money. Still, how could they be sure? As a final afterthought to the list, Susan put down $20 for something for Mr. Taylor, something useless and extravagant if they couldn't think of anything better, perhaps flowers.

After Steve had gone to his evening classes, Susan took a bath and dressed in her one good suit, the suit she had been married in a year before, and put the violin case under her arm and walked across town to the orchestra's rehearsal hall. A fat man stopped her at the door and she said she had been sent to see Mr. Kliner, the concertmaster. Mr. Taylor had told her this would be the magic password that would get her in the hall, because the concertmaster was an important person.

Mr. Kliner turned out to be a big-shouldered man with a broken nose who looked like a truck driver. To Susan's surprise, he also talked like a truck driver.

He said, "Taylor? What do you mean, this is Taylor's fiddle? What are you doing with Taylor's fiddle? You steal it?"

"I did not steal it," Susan said indignantly. "He gave it to me."

Mr. Kliner chuckled. He said, "Just kidding. What are you, his daughter or something? Nah, he didn't have any family, did he? Anyway, you're too young." He looked Susan over approvingly. "Too pretty too. An ugly old buzzard, Taylor. He dead?"

"No, he isn't dead," Susan said. "He just gave me the violin today, for a present."

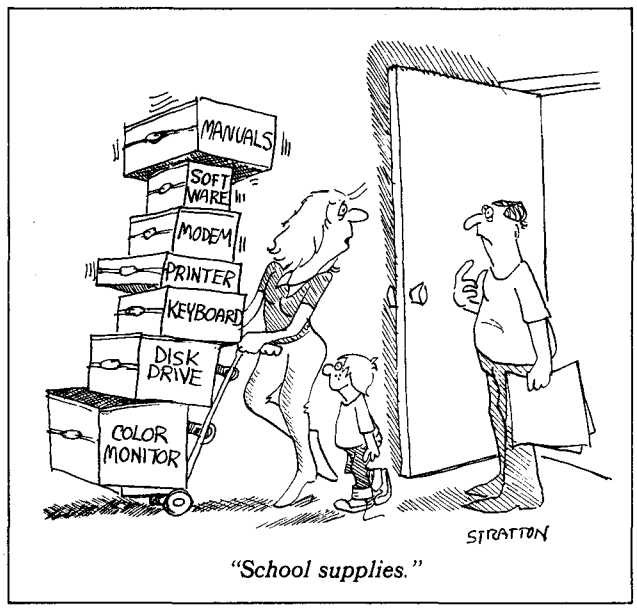
"I'd of thought he was dead," Mr. Kliner said. Another musician looked at the violin over Mr. Kliner's shoulder. "Taylor's," Mr. Kliner said. He held the violin up in the air. "Old Taylor's fiddle. This young lady wants to sell it." Mr. Kliner drew down his eyebrows and looked at Susan. He said, "What do you want to sell it for, if it's a present? You play?"

"Oh, no, I don't play. And we need the money. He told me to sell it. You see, it's an anniversary present." She hadn't anticipated having to make a long explanation. She felt helpless.

Mr. Kliner said to a little bald man, "You were one of Taylor's students, weren't you, Joe?" He handed back the violin to Joe. "This is his. He wants to sell it."

The little bald man said uncomfortably, "I supposed Mr. Taylor was dead. I lost touch with him while I was gone during the war, and I supposed——He isn't in need?"

Susan said, "Well, he is poor, but he has enough to get along on. But he's awfully lonely. He lives upstairs over us, and he can't play his violin anymore because of his arthritis—in fact, he's in bed most of the time—and I took him up a—a little present today because it was his birthday, so he gave me his violin." This sounded idiotic. Susan felt her face grow hot.



"School supplies."

The little bald man bent his head over Mr. Taylor's violin and plucked a string. He said to nobody in particular, "You know, Mr. Taylor gave me my lessons free. I mean to say, I paid him, year after year, but at the end of my instruction he gave me a little box and it had every cent in it I'd ever paid him, because he knew I needed the money. I should have kept in touch with him. If you'll give me his address, miss, I'd like to call on him."

Susan told him the building address. She said, "He'd be awfully glad to see you, I know."

"A good old guy, Taylor," Mr. Kliner said. "Always giving stuff away, nobody but himself to blame if he dies broke. But that's a pretty handsome present, that instrument. What'd you say it's for? For your birthday?"

Susan explained again that it was Mr. Taylor's birthday, but her first wedding anniversary. She saw that a first wedding anniversary didn't impress the listening musicians as an occasion quite worthy of the gift of a Guarnerius, even though it wasn't a Giuseppe, so she did her best to tell them just how it had been. She told them about Mr. Taylor's own first wedding anniversary, and how it had been his last as well, so he was sentimental about it.

"Maybe we all ought to go around and see old Taylor, and get this straight," Mr. Kliner said, when she had finished. He winked at the little bald man and said, "At least you, Joe, and the rest of the first two quartets. How about it? Can everybody take an extra half an hour tonight?"

"Say, that's an idea," Joe said. He began to smile. "I certainly can."

"I guess the old guy's done something for most of us at one time or another," Mr. Kliner said. "We'll need a double bass. Somebody talk to Sammy. He was one of Taylor's students, too. . . . We'll sell your fiddle for you, young lady. Don't worry about that."

Susan said, "Can you give me any idea how much it should be worth?"

"Later," Mr. Kliner said. "Right now here comes loud mouth. You better beat it."

Behind her someone began screaming, "Please! Please!" Susan turned and saw a little man in a baggy sweater. She recognized him as the orchestra's conductor. He continued to shout, "Please! Please!" while he glared at her, Susan thought, in a maniacal way. She got Mr. Taylor's violin from Joe and fled.

• • •

Steve came home from his classes

continued on page 92

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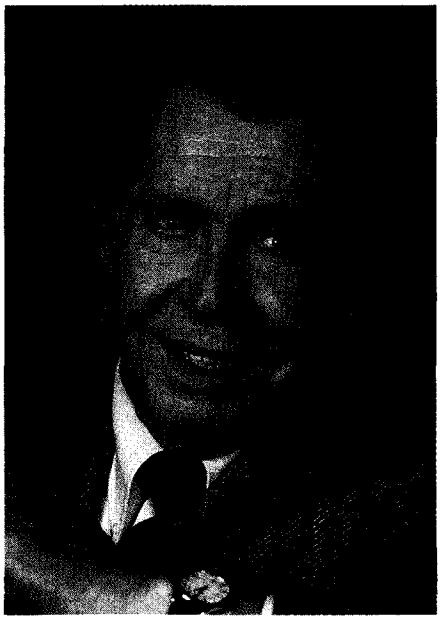
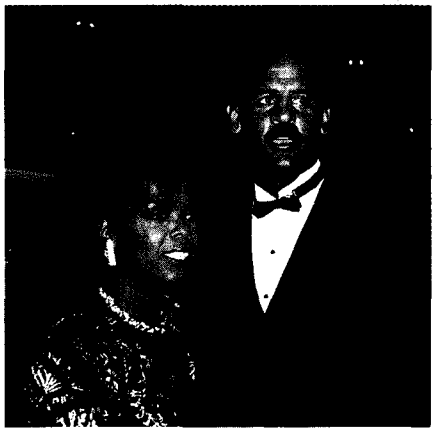


Milton Berle's first show-biz success was a Charlie Chaplin look-alike contest he won at age five. This marked the coming out of a major vaudeville star, the highest-paid nightclub performer in the country, a movie actor, and an immensely popular TV star.

At 23 Berle became the youngest master of ceremonies-comedian ever to play the famed Palace Theater in New York. During the years of the "Milton Berle Show," the number of TV sets in the United States increased a hundredfold. Today, at 81, Uncle Miltie says, "Retire! Retire to *what*? I need the spotlight. I *need* to make people laugh."

Last year was an up-and-down year for 35-year-old ***Oprah Winfrey***. She was up $12 million and down 67 pounds on a liquid-protein diet. (Don't try this without the advice of a money manager and a physician.) Since her first TV reporting job in Nashville while still a student at Tennessee State University, she has also gained Harpo (Oprah spelled backwards) Productions; "The Oprah Winfrey Show," which she hosts, produces, and owns; movie and miniseries starring roles; a multimillion-dollar film studio in Chicago; and a recently opened Chicago restaurant, the Eccentric.



It's no wonder that Stedman Graham, the man in her life for the past three years, believes that Winfrey is "one of those chosen people . . . hand-picked by the universe to do great things."

Roseanne Barr, the 200-plus-pound star of "Roseanne," ABC's No. 1 comedy series (Tuesday evenings at 9:00 EST), says she is going to clean up her house one of these days—"as soon as Sears comes out with a riding vacuum cleaner."

Barr, 36, who worked as a waitress before stepping out on a comedy-club stage at age 28, says she is now getting paid ($30,000 per weekly episode) to say things that used to get her fired. Thus the story line of the hit comedy series reflects the way she thinks about the dark side of keeping house and contending with the family. And the way she thinks goes like this: "I figure when my husband comes home at night, if the kids are still alive I've done my job."

Glenn Ford (left) has good reason for preferring fresh vegetables to frozen. "They are so easy to grow," he says. "Even if you live in an apartment you can get great tomatoes from plants grown in tubs."

Ford, who attended the Cordon Bleu school of cooking twice, does not live in an apartment, but rather in a 14-room house. An acre-plus yard encompasses a complete vegetable garden grown in planting beds of enriched topsoil held in place with redwood siding—his own invention.

Another invention ("No one ever told me about this," Ford says) is to let onions go to seed, then use their blossoms in potato salad or cole slaw for a fresh, mild "oniony" taste. And now that he's tasted success, he is experimenting with asparagus.

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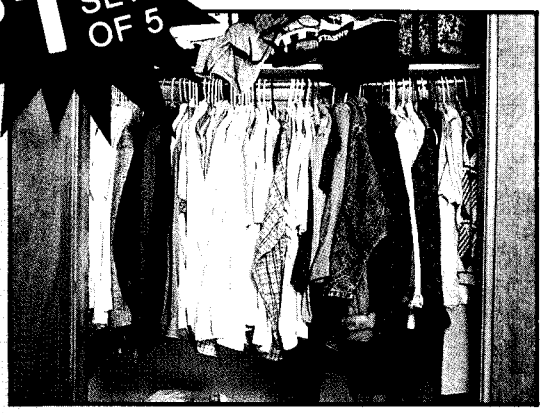

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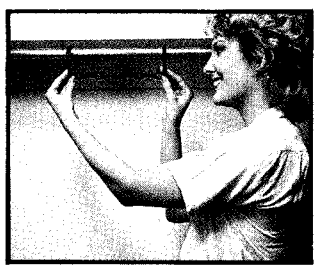

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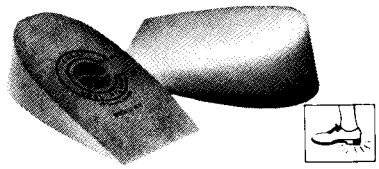

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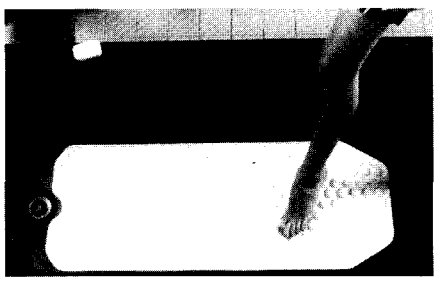

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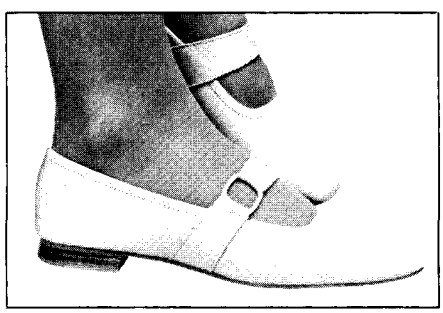

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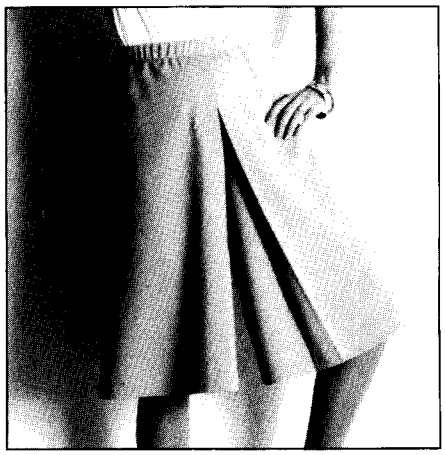

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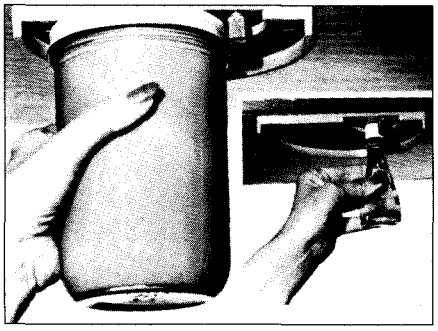

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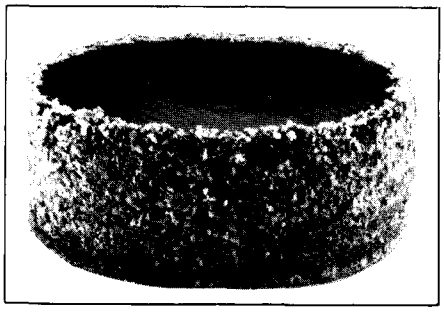

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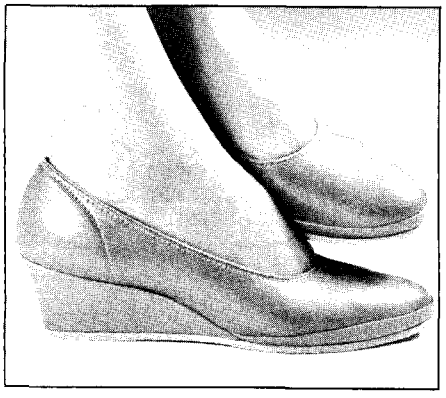
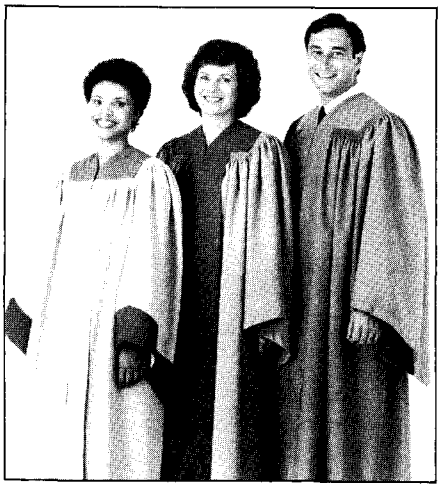


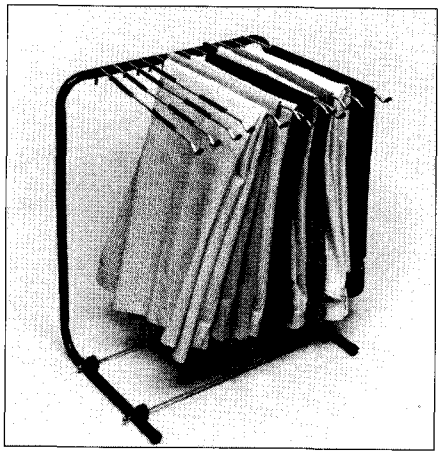
materials. Wine, black, taupe, grey, navy. Full and half sizes: 5½-10 N, W; 4-10 M. Add p&h: $2.50 (1 pr.); $3.50 (2). Guaranteed. Major credit cards. Old Pueblo Traders, Dept. GHA1H, Palo Verde at 34th, P.O. Box 27800, Tucson, AZ 85726.

Lyric choir gowns



Our company offers attire that combines American-made quality with honest affordability. We have been serving church and school choirs since 1955. Write today for our free catalog full of adult, youth, and ministerial wear. Write to: Lyric Choir Gown Co., P.O. Box 16954-PA-2, Jacksonville, FL 32245.

Rolling slack rack



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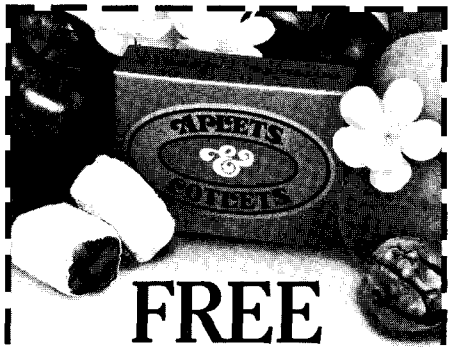

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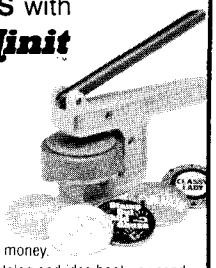

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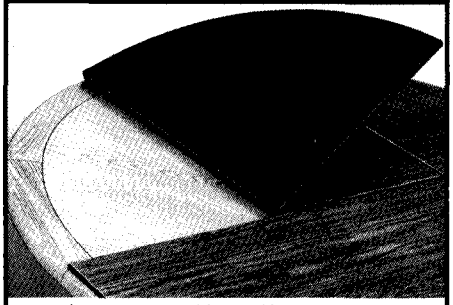

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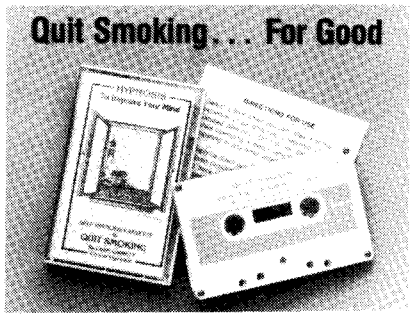

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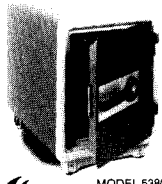

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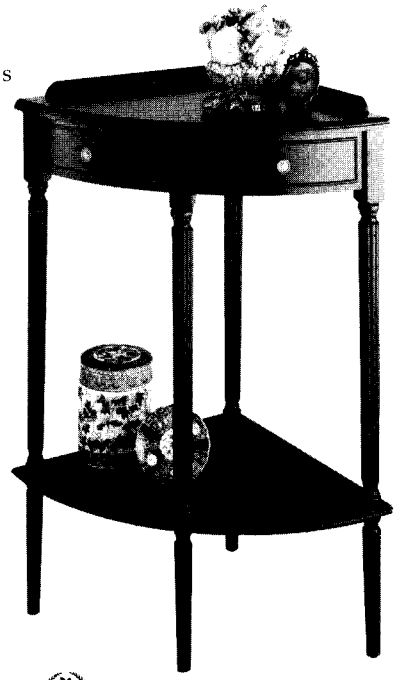

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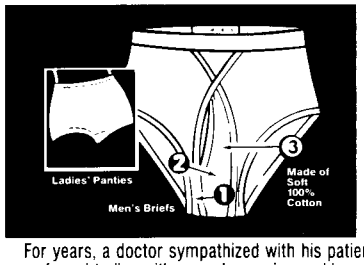

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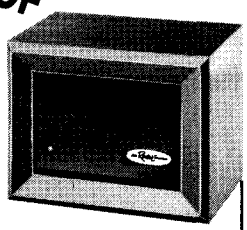

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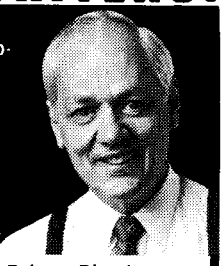

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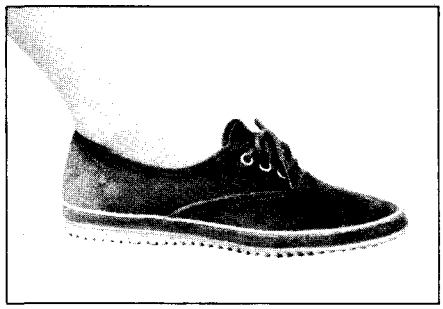

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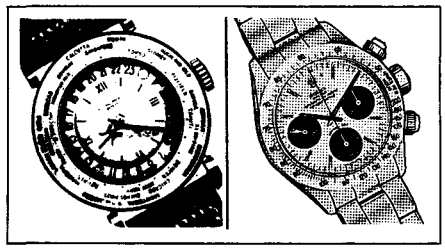

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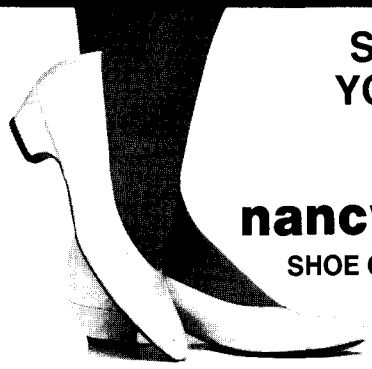

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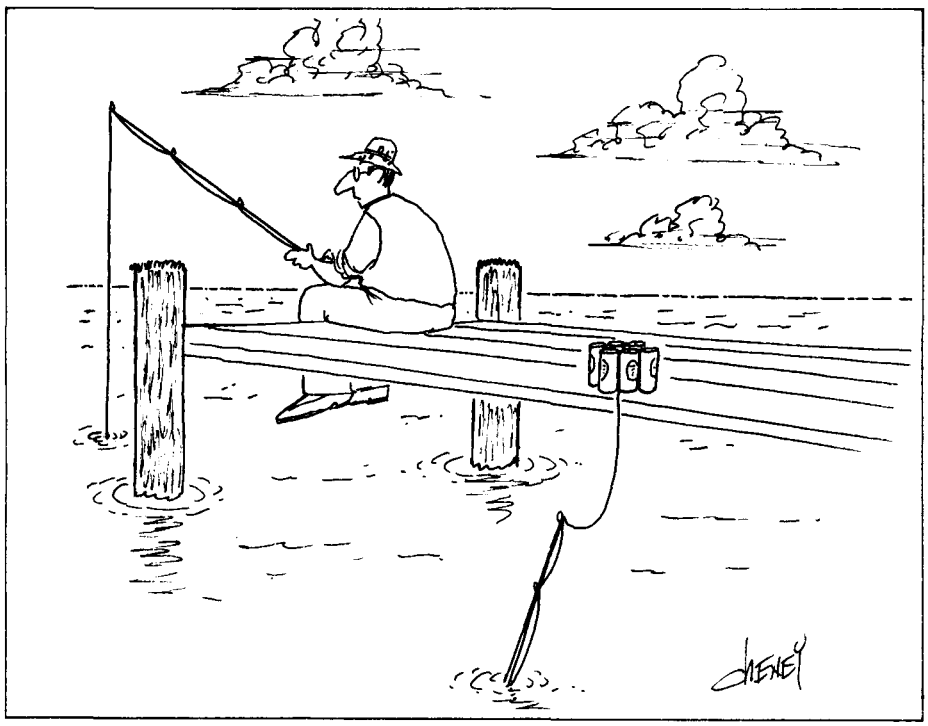

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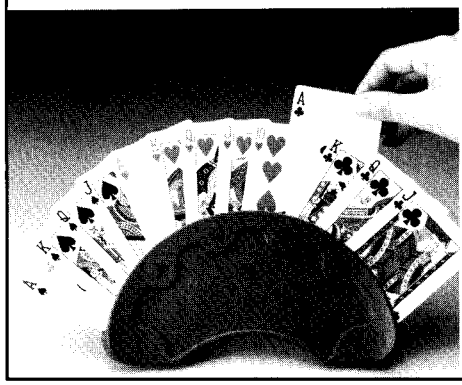

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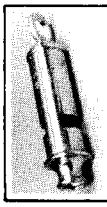

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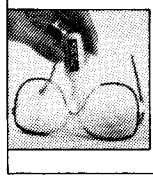

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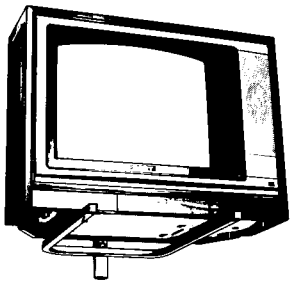

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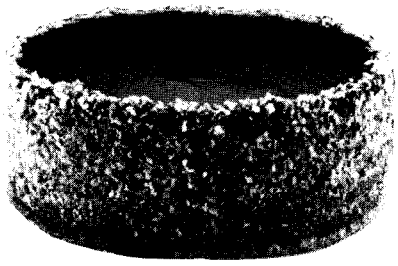

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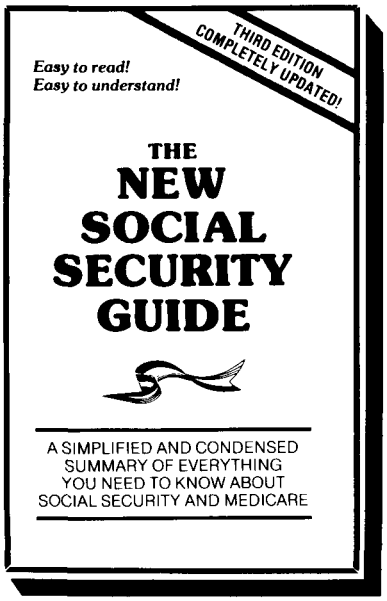

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Lawyers charge an average of $60 for writing a will — and then receive as much as 11 percent of the entire estate after the client dies and the will is probated. The Wall Street Journal says "the living trust business is booming." Your complete Living Trust kit, written in easy-to-understand, step-by-step simple language for the average sized American estate, can be obtained by sending a check or money order in the amount of $19.95 plus $2 postage and handling or charge to your VISA/Mastercard by including account number and expiration date to: DSA Financial Publishing Corp., 708 - 12th Street N.W., Dept W126, Canton, Ohio 44703. For even faster service call toll free 1-800-321-0888 Ext. W126. A 90 day money back guarantee is naturally offered. Do it now... while there is still time to protect your loved ones.

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ANCTUARY

...of human encroachment and loss of habitat.
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...people like to live. Sandy beaches stretch for 70 miles, trees cover most available land, and the sun shines an average of 270 days a year.

A human paradise? Perhaps. But while humans frolic in such man-made playgrounds, forests on every continent are disappearing before airports, houses, condos, shopping centers, parking lots, or farmland. San Diego alone has 1,200 tennis courts. By the year 2000 there will be 1 billion more people on earth; the available agricultural land will have shrunk by an amount the size of Italy; tropical forests will have been reduced by an amount the size of Egypt; and more than 100,000 species of animals and plants will have become extinct.

But San Diego is one playground

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taking note of its responsibilities to other species, and to other generations. Many San Diegans are convinced that it would take only a fraction of the predicted catastrophes to doom most wildlife in its natural setting. They say that endangered plants and animals will find sanctuary only in the protected confines of zoological parks and preserves. And providing that sanctuary is the mission today of the world-famous San Diego Zoo and its sister Wild Animal Park. (The wildlife park provides large-size species a chance to breed in a natural setting.)

• • •

Zoos are not new. As long ago as 3000 B.C., Chinese emperors maintained animal parks for their hunting pleasure, and the Pharaohs of Egypt sent expeditions into the interior of Africa to collect animals for royal menageries. Wild animals and human slaves from Roman conquests often ended up pitted against each other in gladiatorial battles designed for their captors' entertainment.

Louis XIV of France began the first true zoo, but the animals were cramped in dirty cages; their diet was bad, and mortality rates were high. The first modern open-air zoo was built at Stellingen, Germany, in 1907. As often as possible, animals were exhibited in groups in large areas, with artificial mountains, plains, and caves to simulate natural conditions.

Zoological parks and preserves, once merely centers for entertainment or sport, are now many species' last refuge against extinction. Consider the role of San Diego's Wild Animal Park when the California condor began to die out. Although poaching the condor or stealing eggs from its nests has been illegal since the early 1900s, those laws "certainly didn't stem those practices," says Tom Hanscom, a spokesman for the Wild Animal Park, "[or] its greatest threat, which is simple habitat destruction and encroachment. The problem is that we didn't get off our butts until the early '70s."

As the California condor population dropped into the double digits in the 1970s, park specialists began practicing condor preservation with the not-so-rare Andean condor as the "guinea." After four years of perfecting breeding, incubation techniques, and simple feeding and husbandry, research personnel were ready for the Andean condor's almost extinct California cousin. "In 1983 we brought four eggs in from different areas and successfully hatched them all," Hanscom says. "These six-year-old birds are now reaching sexual maturity, and even though no mating has happened, we have seen courtship."

By the '80s so few California condors were left that all remaining wild condors—the last in April 1987—were captured and taken to the Wild Animal Park. There are currently 18 California condors at the Wild Animal Park and 14 at the Los Angeles Zoo. The population is spread "so

Photos by C. J. Hadley

Is it a zoo in there? The San Diego Zoological Society tries to make its properties look as little like traditional zoos as possible.

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that we don't have one genetic strain in any given basket," Hanscom says. Just last spring, four condor chicks hatched, and they have a good chance for survival. Park personnel hope to see the offspring of captive hatched birds by 1990, which would be a first in the world. And by 1992, some of the condors hatched at the park may be released into the wild.

The San Diego Wild Animal Park has been an ultimate sanctuary for the Arabian oryx as well. This straight-horned antelope, which had once freely roamed the Middle East, was virtually wiped out by 1963. A consortium of private organizations arranged the capture of the last eight. "This 'world herd' was transferred to the Phoenix Zoo," Hanscom says, "because the climate was similar." Their breeding program was successful; small groups of oryx were sent to San Diego's Wild Animal Park and other zoos. Working with a studbook to protect against inbreeding, the participating organizations have since traded the offspring. "There have been 200 oryx born at the Wild Animal Park," Hanscom explains. "Several small herds have been shipped back to their natural habitat in Jordan, Israel, Oman, and Saudi Arabia."

Other park successes include the births of ten lowland gorillas and 80 cheetahs, both tough to breed in captivity. But the park also is happy about 75 Southern white rhino babies, 80 Grevy zebras, and 20 giraffes, shipped to other accredited zoos around the country.

The Wild Animal Park, 30 miles northeast of town, includes 1,800 acres and 2,500 animals. Although only half the area is developed and some of the delicate breeding programs are not on exhibit—including those for the California condor and the cheetahs—the park's 1.2 million annual visitors know there is still plenty to see. The 17-acre Nairobi Village includes Asian and African aviaries, a petting zoo, a gorilla grotto, the koala collection, and the 1.75-mile Kilimanjaro Hiking Trail. At a glass-fronted nursery, young primates and small mammals are bottle-fed and diapered just like human infants, and in full view of visitors.

Large groups of animals and birds can be seen in the enormous enclosures from the nonpolluting monorail. This five-mile trip circles major exhibits of East Africa, Asian Plains, South Africa, and the Asian Water Hole. Species include elephant, antelope, flamingo, impala, giraffe, gnu, gazelle, rhino, and hippopotamus. Still in the planning stages is a fifth major exhibit, the Siberian Steppes,

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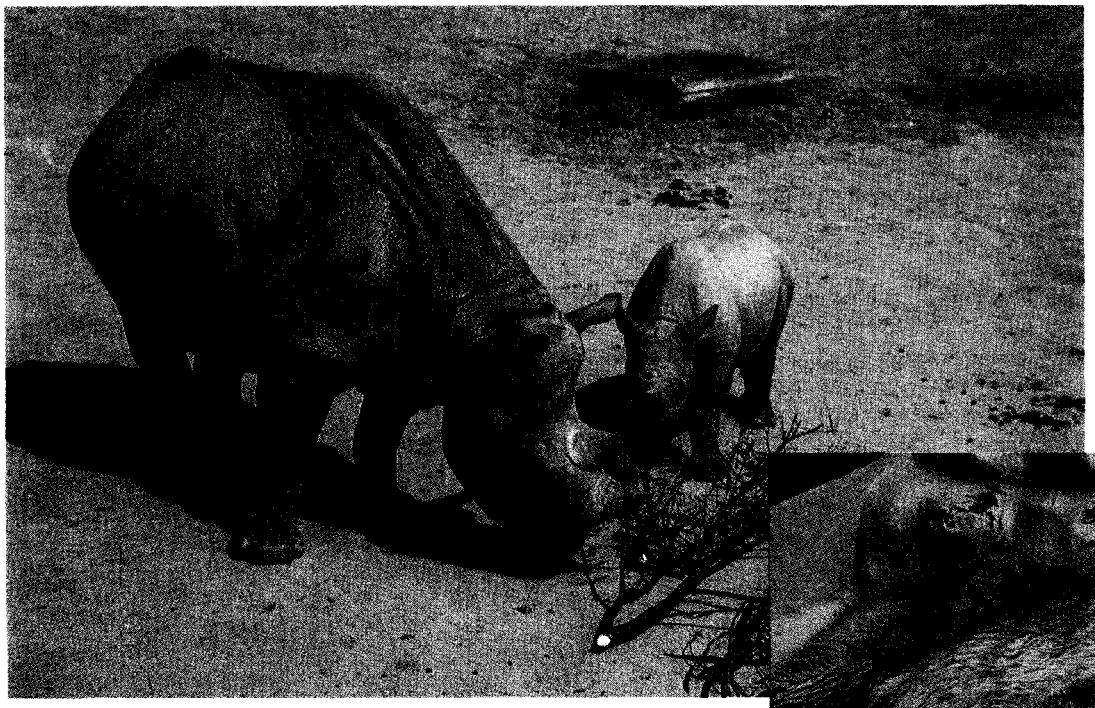

An idyllic mother-and-child scene from Southern California's Serengeti Plain. The exhibit's major difference from its African prototype is the absence of cheetahs, leopards, and the like—a matter of more concern to herbivores smaller than rhinos, at any rate. All plant eaters at the wildlife park are provided forage similar to their native habitat's. (Below) A look at 80 percent of a bear's life.

for the endangered Przewalski's horses, the Siberian saiga, and other species from that region.

"Our largest exhibit [East Africa] covers 125 acres," Hanscom says. "It looks much like the Serengeti Plain and is exactly like a slice of East Africa minus the predators. . . . We've been smart enough not to place hyenas, cheetahs, lions, and leopards in the same enclosure."

Why visit the park rather than the more famous San Diego Zoo? It depends on one's point of view. Both attractions offer behind-the-scenes tours to learn about nutrition and breeding, and even to touch some animals and birds. At the zoo visitors can usually get much closer to the animals and birds. They can visit the tiger, giraffe, or elephant bedrooms, look into the nursery—or with a guide, have a close encounter with a binturong, owl, or kinkajou. (And sometimes visitors can still meet King Tut, the recently retired official zoo greeter. This salmon-crested cockatoo is the zoo's oldest resident. He arrived on March 25, 1925.)

The Wild Animal Park also provides behind-the-scenes tours, animal shows, and informal meetings with trainers and keepers. But only the park can simulate what it's really like to be in the wild. "Even though you are one or two hundred yards from the animals at times," Hanscom says, "where else can you watch a herd of 30 wildebeest thunder across the grass at full gallop? No other zoological society in the world can present the natural panorama that we present here."

Both the San Diego Zoo and the Wild Animal Park offer behind-the-scenes tours for an in-depth look at animal life.

And those who'd like a really close encounter at the park have another option. Four times a week, by reservation only, an animal keeper conducts two- or four-hour photo safaris through the park in an open truck. Visitors can touch giraffes and rhinos, move through herds of water buffalo and oryx, or watch ungulates giving birth or the mating rituals of exotic water birds.

Another major breeding program at the world's zoos and the Wild Animal Park is for the Przewalski's horse, the world's original equine. Native to the Soviet Union and the People's Republic of China, Przewalski's is extinct in the wild. But the zoo programs, including the Bronx Zoo and the Zoological Society of San Diego, have kept the species alive. There are three herds at the Wild Animal Park, one always on show. Working with a studbook to improve the bloodlines, the San Diego organizations have seen 62 births; there is hope of reintroducing the horses to their original homelands.

Even though the society's highest profile is with California condors, Hanscom says: "That program simply exemplifies what we're doing with over 40 endangered species at the zoo and Wild Animal Park, and about 250 species all told."

One San Diego Zoo fan believes, "Zoos are the ultimate ark. They are tiny enclaves which quite likely will be the last hope for our wild animals."

Because of us there is annihilation. Because of us there is hope. And sanctuary may be the last, if not the best, hope.

Support your local zoo or the San Diego Zoological Society and help preserve endangered creatures. To join the SDZS, send $42 for individuals ($45 for couples) to San Diego Zoo/San Diego Wild Animal Park, P.O. Box 551, San Diego, CA 92112. Your dues pay admissions to either place for the year and get you a 12-issue subscription to Zoonooz.

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Lake Michigan Fishing:

The Shore Thing

By Jean White

Denny Grinold, a happy man, spends at least half his time outdoors in the fresh air helping people have fun. That's his own description of his career as owner-captain of a 33-foot sport fishing boat that cruises out of Grand Haven, Michigan.

Great Lakes fishing has undergone both highs and lows in recent decades. The '60s were bad for business; the '70s were much better. The '80s have included both good and bad years, but even in the bad ones there are some big fish out there in the chilly depths of Lake Michigan—and smart charter-boat men like Denny know how to catch them. They know when fish are likely to strike a green lure with black spots or a hot-pink-with-purple one. They can make a good guess whether the big fish are feeding half a mile out from shore or in mid-lake.

Denny did not learn all this from books or from lectures. He learned from fish. He is 46 now; he started fishing when he was 10. He spent time starting and running an auto repair business and raising a family, but he fished every chance he got. By the '70s, when coho salmon fishing came to Lake Michigan, he entered fishing derbies and won prizes. If you watch any of those weekend fishing shows on cable TV, you're bound to see Denny, sooner or later, pulling in the big ones.

Since 1983 his day-long trips have been giving paying guests the benefit of his expertise. When the fishing is good, anyone can catch fat chinook or coho salmon near the shores of Lake Michigan. But when the fishing is poor, you need someone like Denny.

Ruth Chin

A good skipper doesn't waste customers' money by taking them out on a bad day. And even the good days depend on his mysterious command of the lake.

Sport fishing is big business that pumps some $2 to 4 billion a year into Michigan's economy. Denny's boat is one of about 900 vessels licensed to take fishermen out onto the Great Lakes. About two-thirds of them—around 650—are based along the western coast of lower Michigan; they work out of such pleasant little port cities as Manistee, Ludington, Pentwater, Holland, Saugatuck, and South Haven.

Some say that this number is too many and that the charter boats, with their sophisticated electronic equipment and multiple poles (two for each licensed fisherman aboard), take more than their share of Lake Michigan's fish.

There are other people who want those fish. There are recreational fishermen who fish from rowboats, and from piers and breakwaters. There are commercial fishermen who sell their catch. And there are Indians who don't have to abide by the same rules as the others. There aren't always enough fish to go around.

Over the years, the situation has tended to go boom or bust. A Frenchman visiting the Straits of Mackinac in 1687 wrote, "You can scarcely believe what shoals of whitefish are catched about the middle of the channel . . . here the savage catch trout as big as one's thigh." Fishing continued to be very good until around the turn of the last century, when heavy commercial fishing, increasing population, and industrialization of the region began to take their toll.

And in the 1920s, almost unnoticed at the time, alien species began appearing in the Great Lakes because

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locks and canals had opened channels to the Atlantic Ocean. The first sea lampreys probably came up the Hudson River and followed the Erie Canal. Alewives came later, after the opening of the St. Lawrence Seaway made it easy for fish to swim from the Atlantic Ocean to the Lakes.

Sea lampreys, eel-like parasites that fasten their mouths onto larger fish and suck blood until the larger fish die, flourished in Lake Michigan; whitefish and lake trout disappeared.

Alewives, six-inch-long relatives of the shad, were once served in taverns along with ale. In Lake Michigan they found abundant food supplies and no natural enemies. Many died of overpopulation and washed up, reeking, on the beaches.

By the 1960s more than dead alewives was washing up on Lake Michigan's shores. There was raw sewage, and oil, and industrial waste that included mercury and PCBs.

The turnaround began in 1972 when the United States and Canada, embarrassed by the deterioration of the Lakes and the decline in fishing, set up an International Joint Commission with the muscle to enforce strict new rules. Water quality soon improved.

Meanwhile, aquatic biologists were studying the fish problem. The scientists' first success was to poison streams where the lampreys spawned without harming other forms of life. The process was expensive and time-consuming, but it worked.

An even greater triumph was the 1966 reintroduction of young coho salmon from the Pacific Northwest. The salmon gobbled up the alewives and grew very large (the record catch: 46 pounds, 1 ounce). In the 1970s, "Coho Fever" gripped the Midwest, and fishermen poured into Michigan to try for the big ones. Later, the scientists planted chinook salmon and a new strain of lake trout. All flourished. The Michigan residents who weren't out fishing were busy selling boats and tackle to the tourists.

In the 1980s fishing has been less spectacular, but still much better than in the dismal 1960s.

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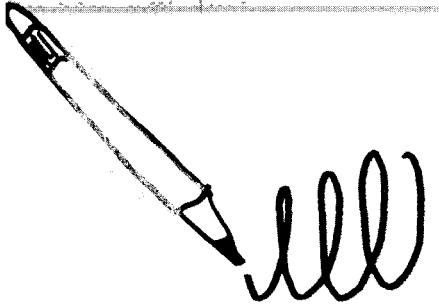
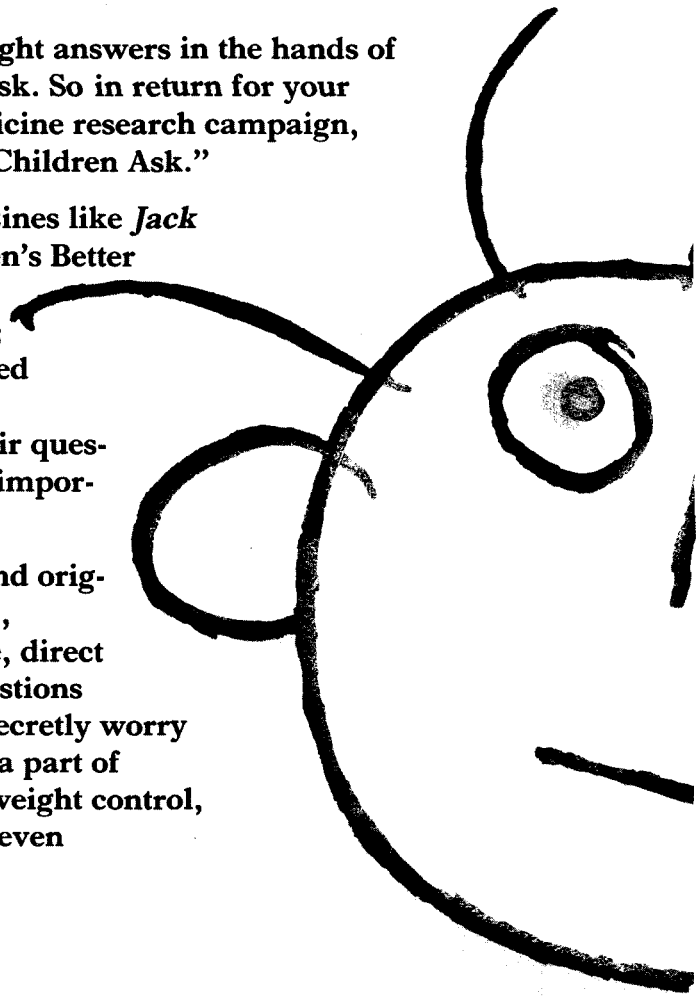


Dear Doc

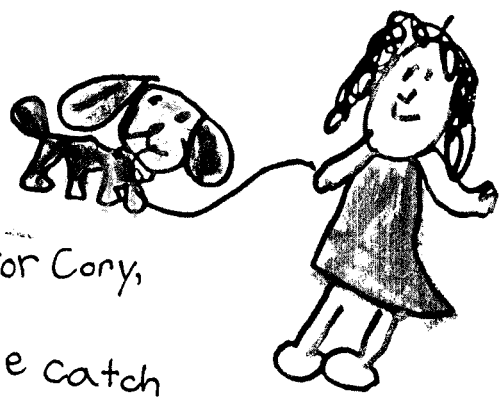
You know the phrase "kids say the darndest things"—well, sometimes their questions can be darned hard to answer. Questions about how their body works, why they get sick, and how they feel about themselves are only natural. But having the right answers, or feeling right about the answers you give them, isn't always easy.

The Saturday Evening Post Society wants to put the right answers in the hands of people who really care about the questions children ask. So in return for your contribution to The Society's ongoing preventive-medicine research campaign, we'll send you our gift book "Health Questions Your Children Ask."

Through health columns in popular children's magazines like *Jack & Jill* and *Children's Digest*, provided by The Children's Better Health Institute—a part of The Saturday Evening Post Society—Dr. Cory SerVaas (you can call her Dr. Cory; thousands of kids do, and have for years) has answered children's questions about their health. Now, because so many children have reached out to learn more, their questions have been compiled and answered—making an important addition to the family library.



These are actual letters. The handwritten questions and original drawings are even included. But more important, "Health Questions Your Children Ask" includes simple, direct answers to some of the tough questions kids ask. Questions about their bodies, their appearance, and what they secretly worry about. This informative book helps make prevention a part of children's day-to-day life, with tips on nutrition and weight control, plus the dangers of alcohol, tobacco, and drug use. It even



Dear Doctor Cory,
Can people catch
Colds from animals?

Dear Docter Cory,
My father smokes. I worry about him at night. Why do people smoke? And how do you help them stop smoking?

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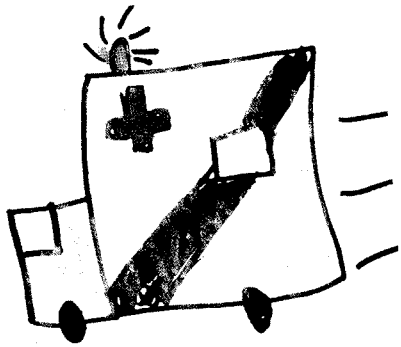

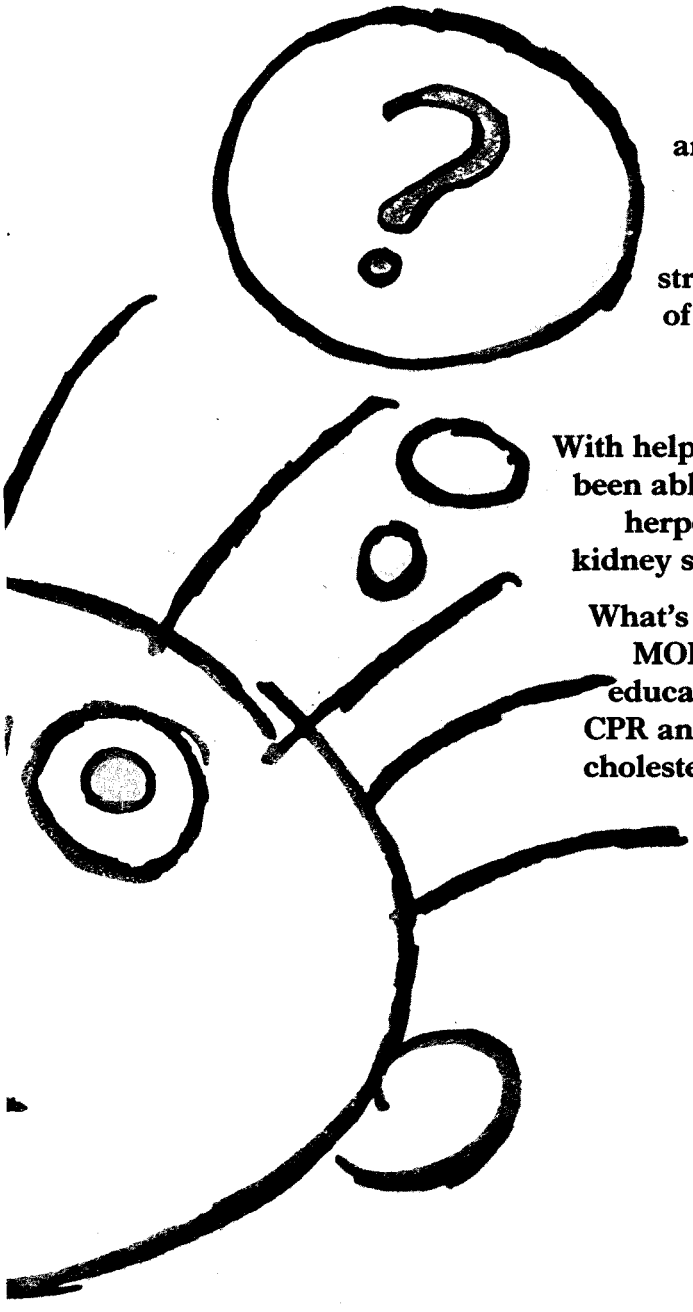

answers their questions on a wide range of adult health problems—from heart disease to AIDS.

Protecting the health of children and encouraging straight-talk about their health issues are really just part of the efforts of The Saturday Evening Post Society. Your contribution will go toward protecting and improving the health of many—young and old alike.

With help from thousands of concerned people, The Society has been able to continue to battle against emphysema, gallstones, herpes, glaucoma, melanoma, and arthritis. And hepatitis, kidney stones, psoriasis, ectopic pregnancy, and galactosemia.

What's more, our Children's Better Health Institute HEALTH MOBILE takes good health "on the road" by taking health education to where it's needed most. It drives about to teach CPR and the Heimlich maneuver to third-graders. It provides cholesterol testing and low-fat, high-fiber nutrition education.

Our work depends on your help. So mail in your contribution today, and we'll send you a gift copy of "Health Questions Your Children Ask." Thank you.

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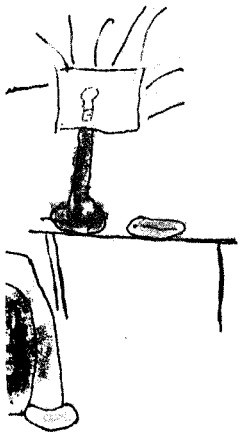

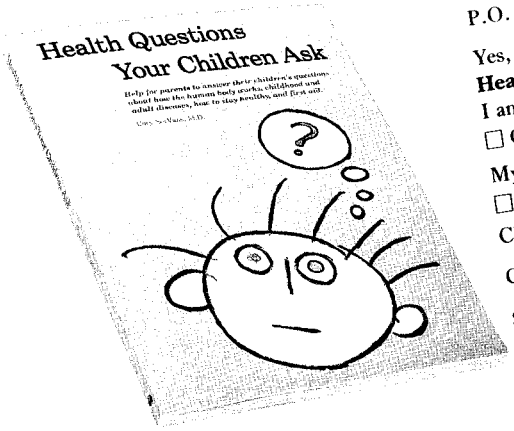

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Man Nobody Remembered

continued from page 63

at a little after 11:00, and Susan was just beginning to tell him about her visit to the rehearsal when there was a tramping of many feet in the hall outside and a knock on the door.

Steve opened the door and Susan saw Mr. Kliner, with his violin under his arm. Behind him she saw Joe, and behind Joe two other musicians with instruments, and behind them still others, and in the back, a tall man lugging a bass fiddle.

"Good evening," Mr. Kliner said. "If I'd climb one flight higher I'd want a parachute. Where's old Taylor's place?"

Steve said, "What the heck is this?"

"I don't know," Susan said wonderingly. "Why, he's just above us. I usually go up the fire escape."

"The fire escape's good," Mr. Kliner said. He called back over his shoulder, "The fire escape!" He led the way through the apartment, out the window, and up the fire escape.

Susan and Steve stood aside. A file of men with violins and violas followed in Mr. Kliner's wake. Each said, "Hello." Two men with cellos struggled through. They each said, "Pardon me." The tall man with the bass fiddle appeared. He knocked a pan off the gas plate and said, "Sorry." He swung the bass fiddle to the other side of the room and knocked over a chair. He said, "Sorry." He passed the bass fiddle through the window and followed it.

Susan and Steve looked at each other blankly. Susan said, "Honest, I really don't know. I thought they were coming to talk about the violin."

"Maybe they want to test it first," Steve said.

They went to the window and looked out. The musicians had arranged themselves in a double quartet up and down the fire-escape ladder running from the fourth to the fifth floor. The double bass was on the landing just outside the window. The instruments had been taken out of their cases and were being tuned up, rather surreptitiously, with Mr. Kliner frequently shushing them from the top step.

"Why, of course," Susan said. "It's a birthday present for Mr. Taylor. They're all ashamed to have forgotten him since he left the orchestra. They all really liked him, you know? You could tell."

Steve said, "They're going to play out here?"

Before Susan could answer, the music began. It seemed to descend from out of the night itself, not from the instruments of the players sawing away on the fire-escape steps.

Back windows were flung open in the surrounding old houses. Shadowy faces appeared, listening.

Steve whispered, "What is it?"

"Mozart," Susan said. " 'Eine kleine Nachtmusik.' "

Mrs. Melinda elbowed her way between them. She said, "Don't you know it's midnight? What in the name of all that's sacred is going on up here?"

Susan put her finger to her lips. She said, "It's a birthday present for Mr. Taylor."

"We'll be having the police, it's so loud," Mrs. Melinda said. She stuck her head out of the window. The bow of the double bass jabbed past her nose and she drew back. She said, "Mercy on us, they're alive! I thought it must be a machine."

"Please keep still," Susan said. "Don't spoil it."

"And who wants to spoil it?" Mrs. Melinda demanded fiercely. She listened for a time and whispered, "Did you ever hear anything so pretty, in the night and all?"

Upstairs, Mr. Taylor's window was raised with a bang. Susan could picture the effort it must have cost him to reach out from the bed and open it. Presently she saw him looking out, his eyeglasses glinting.

She felt Steve put his arm around her. She took his hand in hers and held on hard. The music was soaring up past the rooftops, above the sailing shreds of clouds, above the foaming streams of stars. If they let it, the music would lift them with it and bear them away, and if they weren't afraid they wouldn't fall.

When the music ended there was a roar of applause from the darkness around them. There must have been a thousand people listening at windows throughout the block, Susan thought, all the women with big arms, and the tired old men, and the hard-eyed little kids, listening from the darkness of their grim cold-water flats.

Mr. Taylor called the musicians up to his room and passed around Susan's birthday wine. Those that couldn't get in the room remained on the fire escape. Susan made coffee, and Mrs. Melinda appeared with a tray of cheese and bologna sandwiches. It was quite a party.

When Mr. Kliner made his way through the crowd to Susan later, he said, "The old boy liked it."

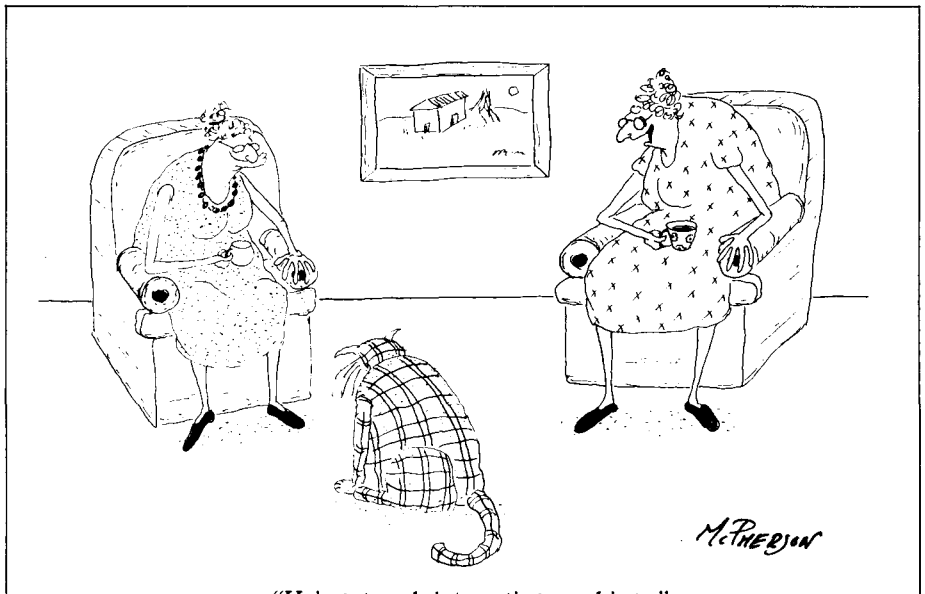
"I think it was magnificent," Susan said.

"Nah," Mr. Kliner said. "And about the fiddle, I'll get one of my own students to buy it. I'll get you a good price."

Steve and Susan glanced at each other.

Steve said carelessly, "I'd kind of like to keep it."

"Somehow, I would too," Susan said. "Surely out of six, one should be able to use it."



"He's got such interesting markings."

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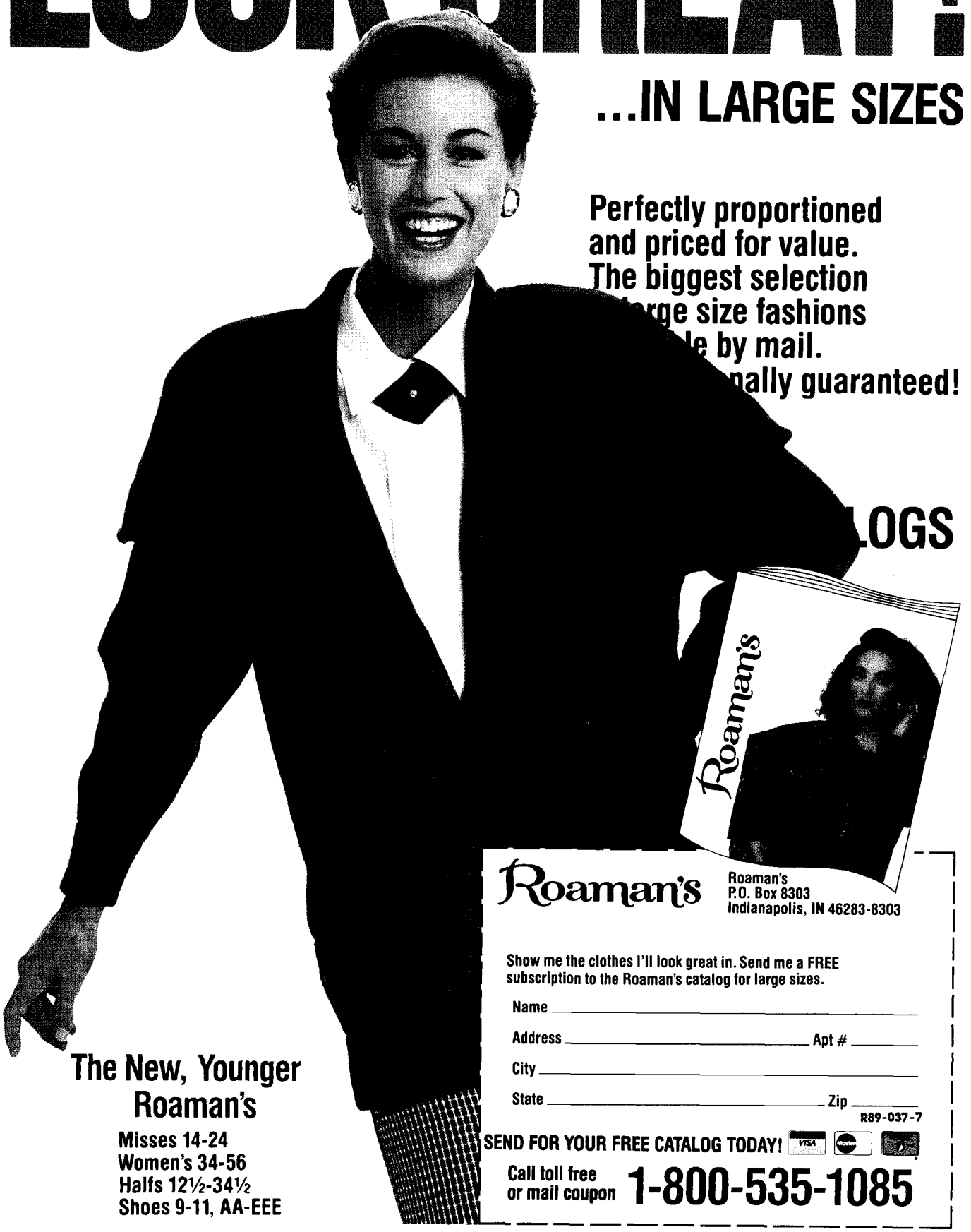

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MEDICAL MAILBOX
by Cory SerVaas M.D.

He is the best physician who is the best inspirer of hope.—*Samuel Taylor Coleridge*

Breast-Cancer Prevention

Dear Dr. SerVaas:

My dog, Cherie, looks just like Mrs. Bush's Millie. A friend recently told me that I should have her spayed as breast cancer is a common problem for female dogs. Does having a dog spayed help prevent breast cancer? What about letting her have more litters? Wouldn't nursing puppies help keep her from getting breast cancer?

Mable Stein
Denver, Colorado

We called our favorite vet, Dr. Phil Borst, to find out about Cherie's and Millie's chances of avoiding breast cancer. If you do not intend to breed your dog, he definitely advocates spaying her before she becomes a candidate for breast cancer. And no, nursing litters doesn't seem to be protective in dogs. Most of the dog breast tumors he sees are malignant. He told us, "If you can get them while they are still the size of a pea or smaller, there is a good chance of treating them. If a lump is suspicious, X-rays and ultrasound are used. If there is metastasis to the lungs, surgery will probably not be recommended. If the cancer hasn't spread, the affected breast and the lymph nodes under the adjacent leg will be removed. Surgery may increase a dog's life span and free it of discomfort or pain. Chemotherapy or radiation therapy may be used."

Dr. Phil Borst won't talk about canine breast cancer without insisting, "If you do not plan to breed your dog, have her spayed —breast cancer in dogs is definitely hormone related."

Top dog Mildred Kerr Bush, better known as Millie, nosed her way into everyone's heart when she produced her first litter of springer spaniels. Nursing babies is believed to lessen a human mother's cancer risk. Unfortunately, doctors for canines don't find nursing lends their patients any such protection.

Delay for Hepatitis Virus

Dear Dr. SerVaas:

How soon after a blood transfusion would one likely get sick from hepatitis if you were going to get hepatitis from the transfusion?

Maria Dawson
Chicago, Illinois

Hepatitis B, or serum hepatitis, has an incubation time of 20 to 180 days. Non-A, non-B hepatitis incubation time is 15 to 160 days.

Does Anyone Else See "Rain"?

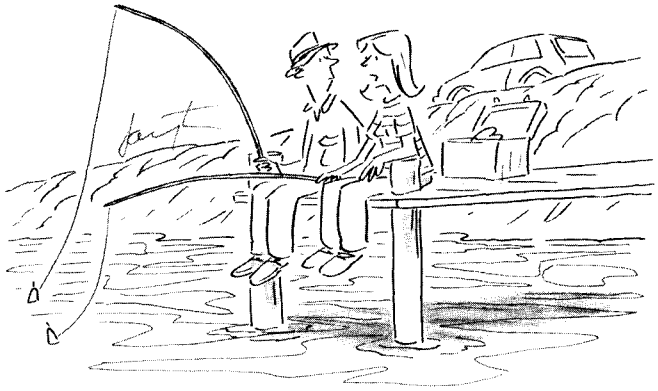
Dear Dr. SerVaas:

I am wondering if you have ever been confronted with a patient telling you that periodically (as many as eight times in a year) he will see "rain." It is as though you are looking through a spotted windshield or window as the big drops start to fall. This lasts 35 minutes, diminishing in intensity. I am 67 years old, retired but an active volunteer, and this started about five years ago with no headache, or any other warning signal, and there is no pain.

I told my optician, and he directed me to my medical doctor, who directed me to an ophthalmologist and then to CAT scans and so on. My wife even called a talk show that had ophthalmologists (three) on an open line for discussion, and they said migraines. The earlier medical checks showed absolutely nothing.

Naturally, I am concerned, as was my optician, that it might be the forerunner of a stroke. Perhaps some of your readers have experienced something like this also.

Edward B. Meyer
Coronado, California



"I'm certainly glad you talked me into this. I just hope I don't break out in a rash from all the excitement."

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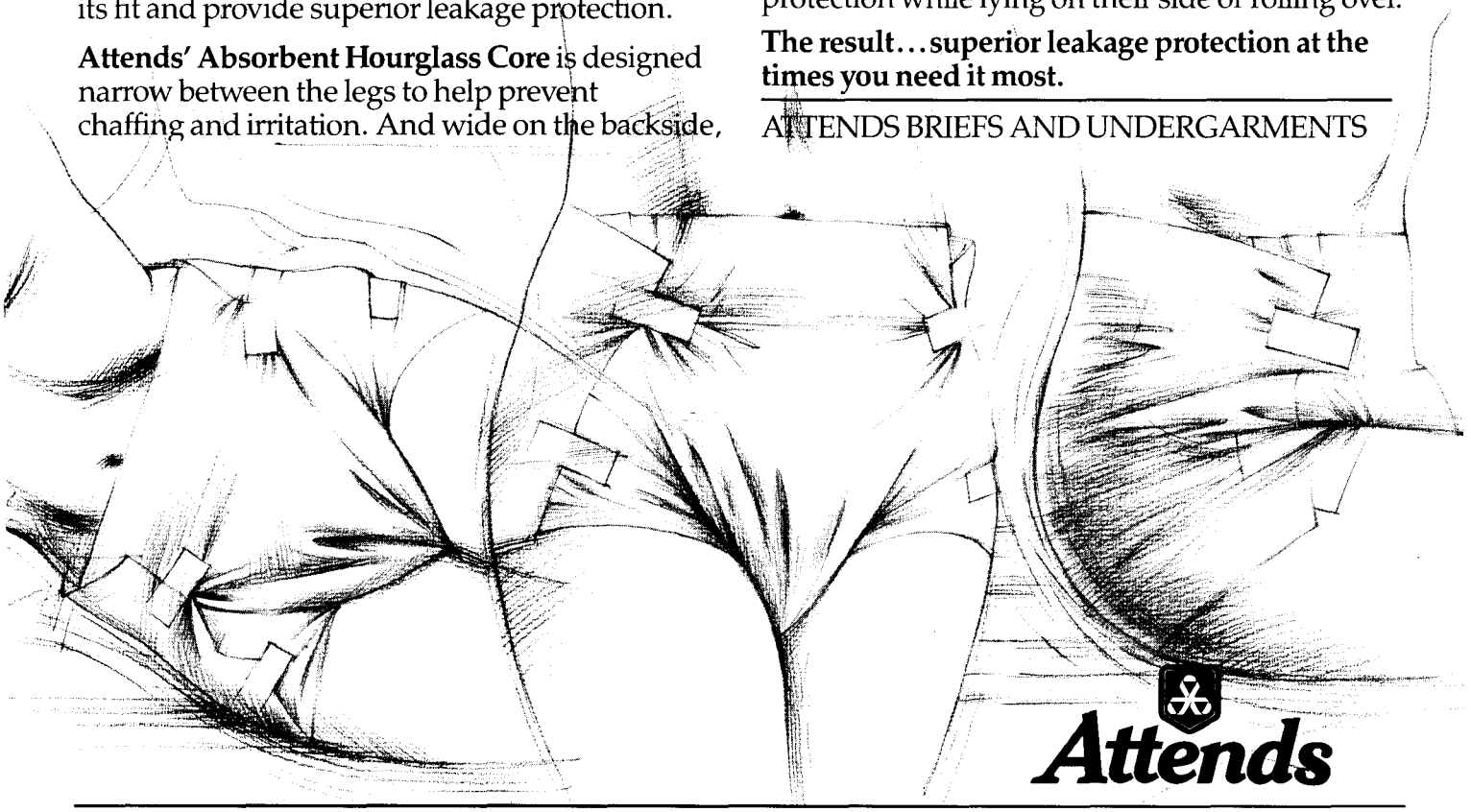

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Lou Gehrig's Disease Strikes Again

Dear Dr. SerVaas:

Would you have any information on Lou Gehrig's disease that you would be able to send to me? Are there any cures they are working on for this disease? I would appreciate any information you could send to me, as I have a friend who has been diagnosed as having this disease.

Thank you very much.

Jean Howells
Pittsburgh, Pennsylvania

Lou Gehrig's disease is such a perplexing affliction. The cause still isn't known. When Yankee heavy hitter Lou Gehrig first became troubled with it, it was given his name.

The disease has other names, the most common being amyotrophic lateral sclerosis (ALS). It is also known as progressive spinal muscular atrophy, which gives you some idea of what is going on: the muscles waste away, or atrophy, as the nerves coming from the spine degenerate.

Muscle weakness and wasting begin in the hands and spread to the forearms and legs. Often the first symptoms also include vague sensory changes in the extremities. Eventually, affected facial muscles cause twitching, difficulty in swallowing, and speech impairment.

Individuals with Lou Gehrig's disease are susceptible to pneumonia and other respiratory ailments. Paralysis becomes increasingly severe, although memory, vision, and intelligence remain intact.

Physical therapists can help maintain muscle function in these patients. A patient with muscle weakness in the throat should be fed carefully to avoid choking.

"You're not fooling anybody, Stevens. That's not a stethoscope; it's a Walkman!"

Lou Gehrig as he arrived at the Mayo Clinic in Rochester, Minnesota, to find the reason for his mysterious decline. It was there his rare form of paralysis was diagnosed.

Some researchers believe that heredity may be a factor in the development of Lou Gehrig's disease. I wonder if it might be a rare lentivirus (slow-growing virus). In the July/Aug. *Post*, Dr. Richard Montagna wrote a fine dissertation on the lentivirus HTLV-I, which causes a disease very much like multiple sclerosis and Lou Gehrig's disease. This disease, called tropical spastic paraparesis (TSP), is also a neurological disorder characterized by progressive difficulty in walking, lower extremity weakness, sensory disturbances, etc. The symptoms often don't occur until 20 years after the victim is infected, and we now know that the HTLV-I virus is spread by sexual transmission or blood. Fortunately, TSP is still rare in the United States. But knowing that it is caused by a specific virus gives us hope that a vaccine or a medication will be developed to treat it. As yet there is no such hope for Lou Gehrig's disease because we haven't found the cause.

The Eyes Have It

Dear Ms. Campbell:

I saw your letter to Dr. SerVaas in the May/June *Saturday Evening Post*, and I just wanted to tell you that I had the same problem, herpes in my right eye—a really bad case in March through July 1981, and a slight recurrence in November 1981. It left me with a scarred cornea and much-impaired vision in that eye.

I believe my infection occurred because I wore contact lenses at that time and had suffered regularly from herpes (fever blisters) around my mouth and nose since a teenager, and I feel that I transferred the virus to my eye with the lenses during an outbreak elsewhere. I have since had optometrists-ophthalmologists tell me that contact lenses should not be worn by those who suffer from herpes, but I have also had doctors tell me that the virus was probably already in my eye and lying dormant, having nothing to do with the contact lenses.

It was after my damage was done that I became aware of the L-lysine, so I don't know if it would help heal during an outbreak in the eye, but it couldn't hurt. I am a great believer in L-lysine. I take 1,000 mg every day, and if I even suspect that I might be getting a fever blister, I take more. I read somewhere (possibly in the *SEP*) that you should take 1,000 mg per day per each ten pounds over 100-pound body weight during an outbreak. Also you need to avoid foods high in arginine (another amino acid), such as nuts, chocolate, etc. I believe that the *SEP* published a list of this diet.

After suffering from fever blisters for years (in college

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my entire chin was covered at one point), I now very seldom have one, and then it will be healed quickly and easily with L-lysine treatment. Even in times of great stress (which I believe is a major cause, along with sun and generally allowing yourself to become run-down and over-tired), I have been able to prevent most outbreaks.

Although I occasionally still use a prescribed drop in my eye, I have had no major recurrence of herpes in my eye. I also take vitamin C and a B-complex vitamin every day and am careful to get plenty of rest.

I thought you might like to hear from someone else who has coped with this miserable disease. I would have loved to have talked to someone about it during my trouble—"misery loves company," I guess.

Please feel free to write if I can tell you anything further.

Mrs. Gene McCain
Crane, Texas

Dear Dr. SerVaas:

I am writing in regard to two letters written in "Medical Mailbox" [May/June '89] concerning persistent herpes virus of the eye.

I had been troubled by this condition, which became virulent following a cataract operation. No sooner would I conquer one attack than another followed immediately.

Then Dr. Jonathon Chua, of Delray, prescribed an ordinary eye lubricant, which needs no prescription. I use this every night, even though I have no infection, covering the eye with gauze, or sometimes just the lubricant. For eight months I have had no recurrence.

The ointment I use is called Refresh-P.M.

I hope this information can help someone. It saved my eye—and my sanity.

Grace Andrulis
Delray Beach, Florida

Dear Dr. SerVaas:

In the May/June issue of the *Post* is a letter pertaining to the herpes virus of the eye. I would like to tell you of one man's experience with the herpes virus of the eye.

Bud had his first attack of the virus in August '78. It was misdiagnosed at first and was quite severe when he got to an ophthalmologist in a nearby city. This attack was followed by others, one in November '78, others in February and June of '79. In July of that year the Sunday supplement *Parade* published an article on L-lysine. Feeling he had nothing to lose and lots to gain, Bud began taking L-lysine, a 500 mg tablet daily. He had one more very light attack of the herpes virus in March of 1980. Since that time if his eyes feel the least bit peculiar, he ups his dosage of L-lysine to three 500 mg tablets a day. He has had no reaction to the L-lysine other than the beneficial one.

Dorothy Williams
Likely, California

As Dr. Johnson of the Midwest Eye Institute of Methodist Hospital, Indianapolis, Indiana, explained in the May/June issue, ocular herpes infection is more complex than dermal or oral herpes. We're glad that your husband's case was not the more serious kind with keratouveitis.

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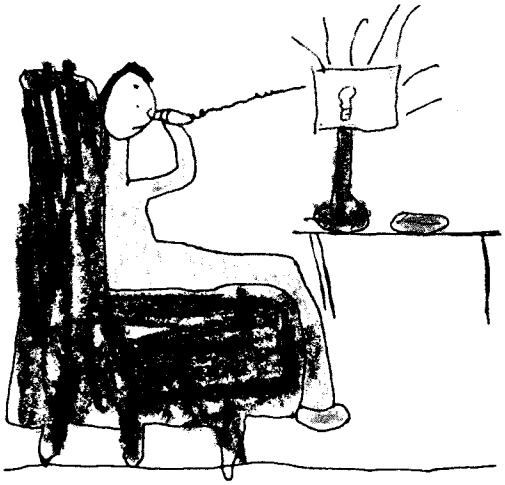
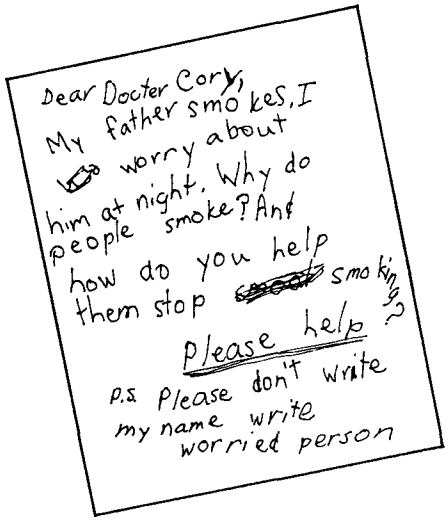
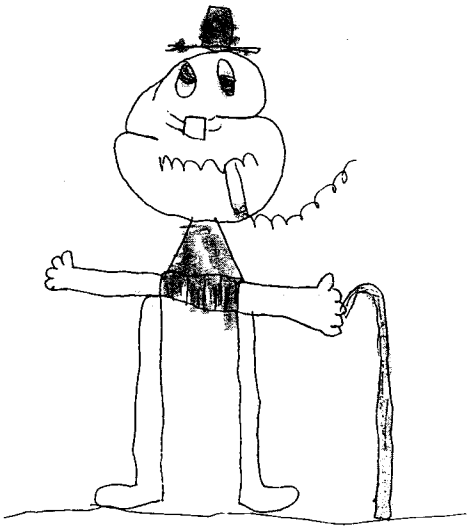



Dear Docter Cory,
My father smokes, I worry about him at night. Why do people smoke? And how do you help them stop smoking?
Please help
P.S. Please don't write my name write worried person



The Children's Hour

Many letters come from precocious young people who read *Jack and Jill, Children's Digest,* and other Children's Better Health Institute publications. So many, in fact, that we recently put together a book entitled *Health Questions Your Children Ask* with letters like these that indicate how concerned children are.

Dear Dr. Cory:
Why do people start smoking?

Scott K.
Howell, New Jersey

Most smokers begin in their teens for these reasons:
- to gain acceptance by friends
- to rebel against adults
- to imitate someone they admire
- out of curiosity

Dear worried person:

Your father is dependent on a very addictive drug called nicotine. Save your allowance to pay for a package of Nicorette, a nicotine-containing chewing gum that will give him his "nicotine fix" without ruining his lungs with noxious tobacco smoke. Then make an appointment with his doctor and tell his doctor of your plan to help him. His doctor will write a prescription for Nicorette.

If any family members are traveling in Europe, they could buy it there. Most European countries sell Nicorette without a prescription because it contains no more nicotine than is contained in two ordinary cigarettes.

Another product may be on the market before long. It is a nicotine-containing skin patch that will deliver the nicotine to the smoker while he fights to rid himself of the psychological dependency and habit. The Warner Lambert Company is working to get this product through the necessary trial studies for FDA approval.

Dear Dr. Cory:
How can you get cancer and how can you prevent it?

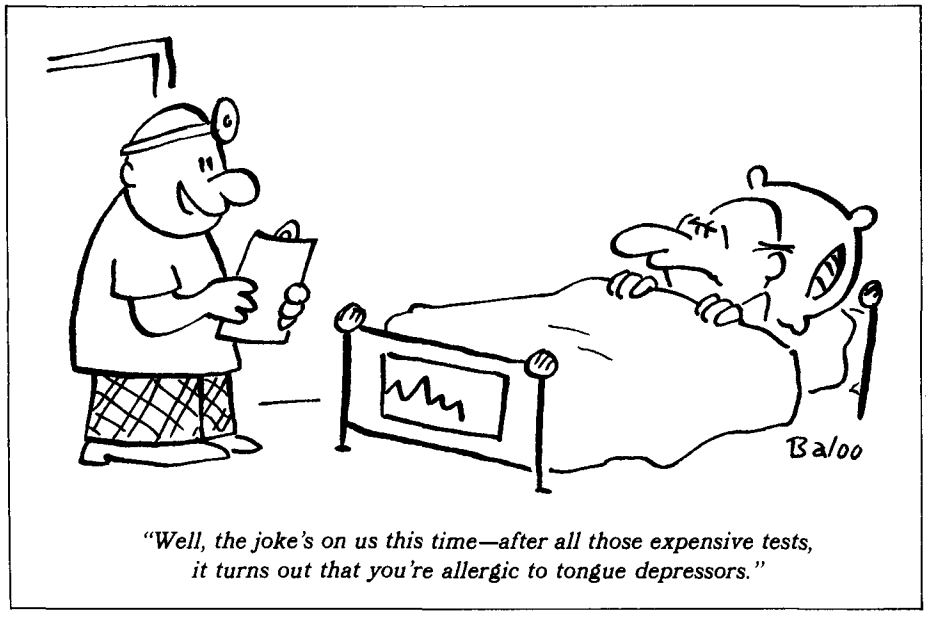
Erica Z.
Shelton, Connecticut

You can reduce your chance of developing cancer by:
- not smoking
- not using smokeless tobacco or snuff
- avoiding obesity
- cutting down on total fat intake
- eating more high-fiber foods, such as whole-grain cereals, bran, fruit, and vegetables
- including foods rich in vitamins A and C in your daily diet
- including cruciferous vegetables (cabbage, broccoli, Brussels sprouts, cauliflower) in your diet
- lowering your intake of salted, smoked, and nitrate-cured foods

Hi. My Name is Danielle. What I would like to know is: Dear Doctor Cory, how can you stop eating junk food? Write back soon.

Danielle W.
Indianapolis, Indiana

Keep your tummy filled with carrot sticks, celery, apples, pears, oranges, peaches, grapefruit, raisins, radishes, popcorn, whole-wheat-bread sandwiches, and high-fiber cereals. You will find you have no appetite for junk food if you eat these wholesome things and drink plenty of water, lemonade, and fruit juices.



"Well, the joke's on us this time—after all those expensive tests, it turns out that you're allergic to tongue depressors."

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Dear Dr. SerVaas:

I volunteer in a nursing home. Is there a good vaccination for hepatitis B?

Joan Whitmer
Dallas, Texas

Yes, there is a very safe and effective hepatitis B vaccine. Those whose work puts them at risk for being exposed to hepatitis should be vaccinated.

In the U.S. there are an estimated 1,000,000 carriers of hepatitis B, transmissible by contact with patients' personal items and body fluids. The disease is more infectious than AIDS.

Stone-Crushing Success

Dear Dr. SerVaas:

First, a belated thank-you for your comprehensive article published a number of years ago about the lithotripsy procedure and the first machine being available at the Methodist Hospital in Indianapolis. Because of our referral of this article to my husband's physician, we made the trip to Indianapolis. He had a very successful and painless disposition of kidney stones (of prime importance because he only has one kidney due to one being removed earlier with cancer). Since that time he has had the lithotripsy procedure done here in San Diego—and we hope this new medication and diet will preclude any further necessity for kidney stone removal.

More than 400,000 kidney-stone-shattering lithotripsy procedures have been done in the U.S. since it was first introduced in the SatEvePost *(May/June 1981). Water baths are no longer needed.*

I especially appreciate your medical information in the magazine and would appreciate your forwarding a copy of the article in the May/June '83 *Post* entitled, "If It's Arthritis, Know What Kind."

My elderly mother is suffering with arthritis in her back, and the pain medication that helped her (Rufen) is blamed for her sudden bleeding and diagnosis of diverticulitis. Now she's apprehensive about pain medication causing other problems.

Radona May
Cardiff by the Sea, California

A Friend in Need

Dear Dr. SerVaas:

As a longtime reader of *The Saturday Evening Post*, I have not only enjoyed the diverse topics addressed in the magazine, but appreciated their depth of information.

I am engaged to a very special person who has emphysema. As a result I have been trying to find out as much as I can about the matter; however, I have been unable to learn of current research programs, developments, etc., relating to cardiopulmonary diseases such as this. I am especially interested in rumors of a new "serum" which supposedly replaces a chemical lacking in those with emphysema. My fiancé is interested in participating in a testing program, if available, and both of us certainly have a *vital* interest in the subject. I wish to do everything I can to sustain the quality of his life for as long as possible.

I would greatly appreciate any information you could provide in the form of information, references, articles, or suggested contacts.

Thank you for your time and assistance. The help you have provided along these lines has, in itself, provided lifesaving guidance to countless people who often don't know what step to take next.

Mary M. Ford
Reston, Virginia

Thank you for such kind remarks. We're sending you emphysema articles from May/June '85, December '87, September '88, and March '89 issues of the *Post*.

Emphysema, as you know, is a chronic disease in which the air spaces (alveoli) lose their elasticity and become enlarged. The serum you mention is described in an article in the *New England Journal of Medicine* (April 23, 1987). It has been used in treating a form of emphysema due to

"The truth is, doctor, that I'm only 35 years old, but for the last 12 of those years I've been a school bus driver."

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a genetic deficiency of alpha-1-antitrypsin, a substance usually found in plasma and other tissue fluids. The condition is believed to exist in an estimated 40,000 emphysema cases in the U.S. This form begins earlier and can be detected in unsuspecting persons aged 30 to 40. *For these people, smoking is universally fatal.*

The alpha-1-antitrypsin serum has been administered intravenously to individuals with a deficiency of the substance. There have been no clear findings that changes in lung function occur. However, Drs. Ronald G. Crystal and Mark Wewers and associates at the National Institutes of Health indicate that infusions of the alpha-1-antitrypsin serum derived from plasma are safe and may "reverse the biochemical abnormalities in serum and lung fluid that characterize the disorder. Together with lifetime avoidance of cigarette smoking, replacement therapy . . . may be a logical approach to long-term medical treatment."

Prolastin, a replacement drug for alpha-1-antitrypsin deficiency, is now available. If indicated, your doctor can obtain this orphan drug from Cutter Biological Miles, Inc.

Wants to Step on the Gas

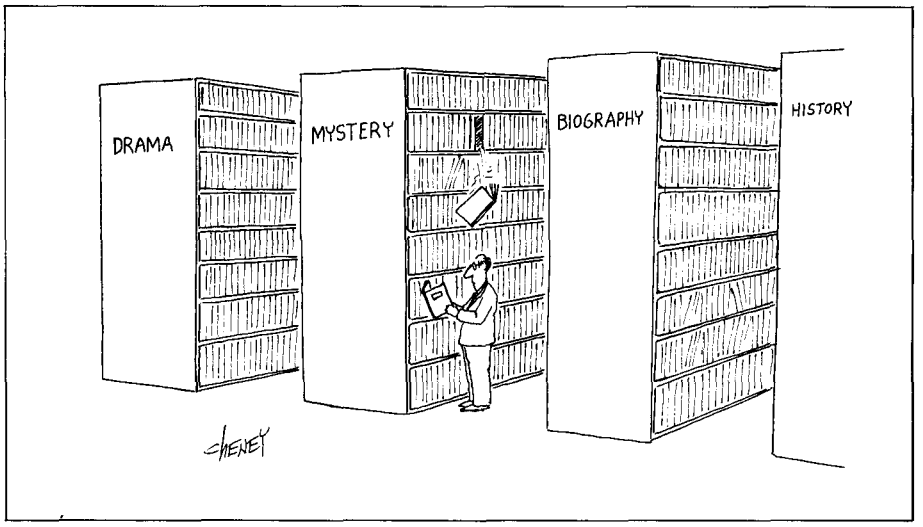
Dear Dr. SerVaas:

I am 73 years of age. I work a 40-hour week, walk at least two miles a day, never drank, never smoked, my cholesterol is 217—my triglycerides and blood pressure are excellent. I try to eat healthful foods (very little meat), but I have a problem that is driving me insane—gas in the bowels and expelling of same, night and day, almost uncontrollably. Fortunately, it is odorless, but nevertheless very embarrassing. I have no discomfort from eating, no bloating or burping, just the bowel gas. I even tried taking acidophilus capsules with each meal—but that doesn't seem to help. Is this related to age?

Martha T. Evans
Stuart, Florida

We sent your letter to Dr. Gregory P. Blitz, who specializes in gastrointestinal affairs. He kindly responded:

"Intestinal gas is a common problem. The passage of intestinal gas is quite normal. Some people do seem to pass more gas than average. However, in my opinion, some people who complain of this problem are simply more



5 reasons why most Americans may not be getting enough magnesium

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1. certain medications
2. a diet too high in protein and fats
3. alcohol consumption
4. age (50 or older)
5. an inadequate intake of magnesium-rich foods

Magnesium is a mineral that is essential in maintaining the heart, kidneys, muscles and bones. If you don't think you're getting enough magnesium for any of the reasons above, you may want to *discuss with your physician* the need for a magnesium supplement.

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aware of the gas passage. They may also be embarrassed by the situation.

"It also seems that some people are concerned that gas production might represent an underlying disease process. In these people, simple reassurance is of benefit.

"Certainly, some people do have an underlying abnormality, such as lactose intolerance. Partial lactose intolerance may be not at all uncommon. My approach with these people is to have them undertake a trial of avoidance of milk and milk products.

"I also suggest to people that they keep track of the specific food or food group that seems to stimulate their symptoms. As most people are aware, such things as baked beans are common offenders.

"Sometimes a trial of a simethicone-containing drug, such as Mylicon, is of benefit. Certainly, this is not always effective. In some people, a trial of a bulk product, such as Metamucil or Fiberall, is helpful."

The *SatEvePost* Colitis Club has found that Lactaid and a gluten-free diet are sometimes helpful for people bothered by gas. Yes, lactose and gluten intolerances do occur with aging.

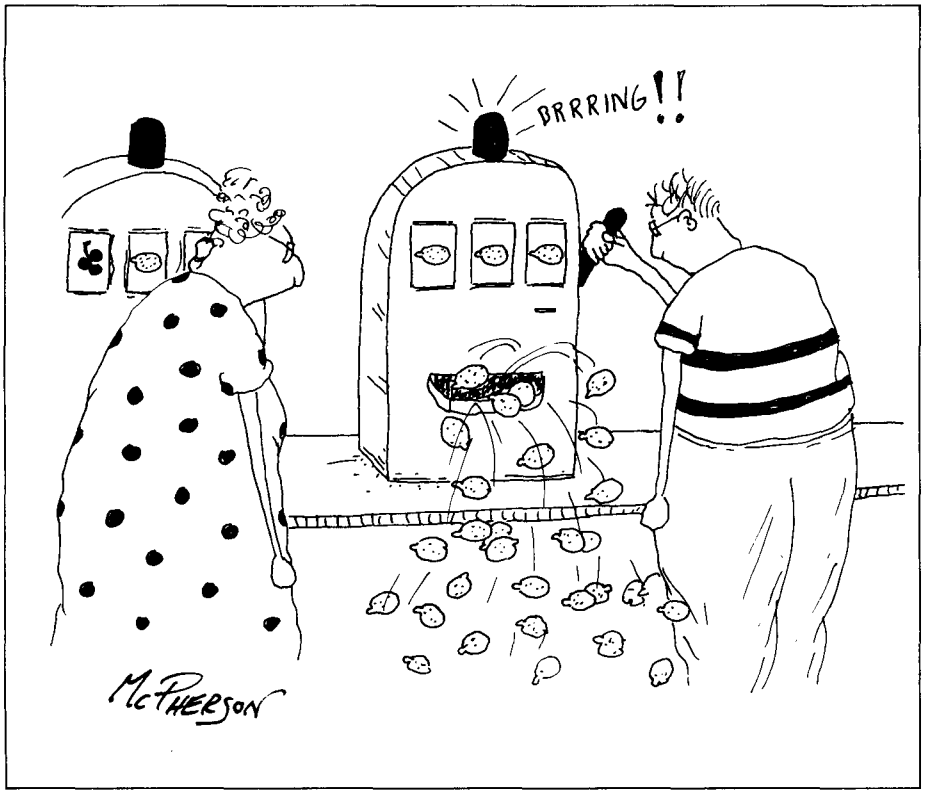
A Simple Test to Check for Risk of Diabetes Reported

A new test enabling physicians to check and monitor the relatives of diabetes victims has been announced by Massiumo Trucco, M.D., a specialist in human genetics at the University of Pittsburgh. Dr. Trucco and his colleagues searched diabetics' genes (DNA) for a genetic indication of susceptibility to diabetes. They found that people not susceptible to becoming Type I diabetics would have asparic acid, an amino acid, locked into the 57th position on the DQ gene chain. Persons without asparic acid in this position are 107 percent more likely to become diabetic than the population in general.

The new test, which allows those individuals considered at high risk to be detected within 24 hours, should be widely available through pathology laboratories by mid- to late 1989. Children of diabetics should be tested, because many of the unfortunate effects of diabetes can be prevented if detected and maintained before the damage is done.

Although the exact mechanics of diabetes is not fully understood, researchers believe that Type I diabetes is an auto-immune disease in which the body's immune system destroys healthy tissues along with the body's ability to produce insulin. Dr. Trucco believes that this is caused by a dormant inherited genetic variation activated by an environmental factor, such as a virus. Left untreated, the resulting high levels of blood sugar damage the heart and circulatory system, the kidneys, the eyes, and the nerves, and the condition will often eventually become fatal. ✱

"It's the blood bank—your cholesterol check bounced."



Diabetes often causes a decrease in blood flow to the extremities. As a result, the diabetes sufferer may experience loss of hair on the feet and may feel no pulse or pain in this part of the body. Unsuspected, hard-to-heal ulcers may result.

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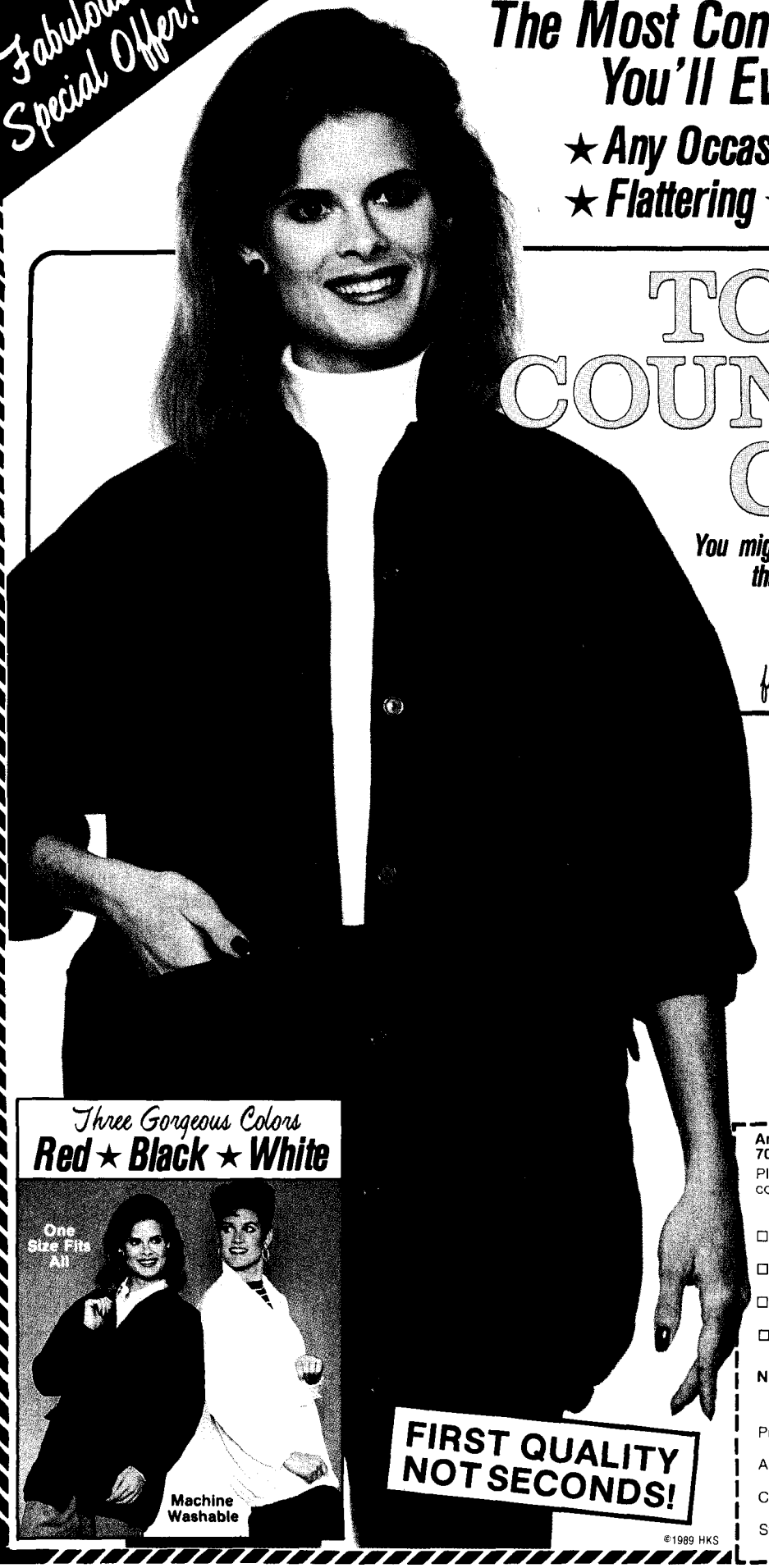

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Shaking Down

continued from page 53

but I was very happy. I was the only nephew, and I particularly remember how special my aunts and uncles made me feel. It was a time when materialistic things weren't important. Even though we didn't have much, we were very happy."

"You have created a list of 100 goals for yourself," the interviewer begins, turning the focus from the past to the present. "One hundred and seven," Holtz interjects quickly. Then he pauses a moment before adding, "When you sit down and set goals like this, you don't do it to impress other people. You don't decide to do something so you can say, 'I did it, and you didn't.' You do it because you want to do it. . . . I want to make a hole in one, see the Pope, go to the White House for dinner, be on 'The Tonight Show,' see all my children graduate from college, float down the Snake River, jump out of an airplane. . . . I'd like to do that soon. . . . I just don't know if I'll have the courage."

The latter aspiration brings to mind celestial thought: Is Lou Holtz religious? "I am, yes. I was raised a Catholic, and I am a Catholic. I don't preach religion, and I don't wear it on my chest. I do have a strong faith in God, and I like to think it's the only way I can make it through. With all the demands and expectations and frustrations in coaching, I'd have a hard time making it any other way.

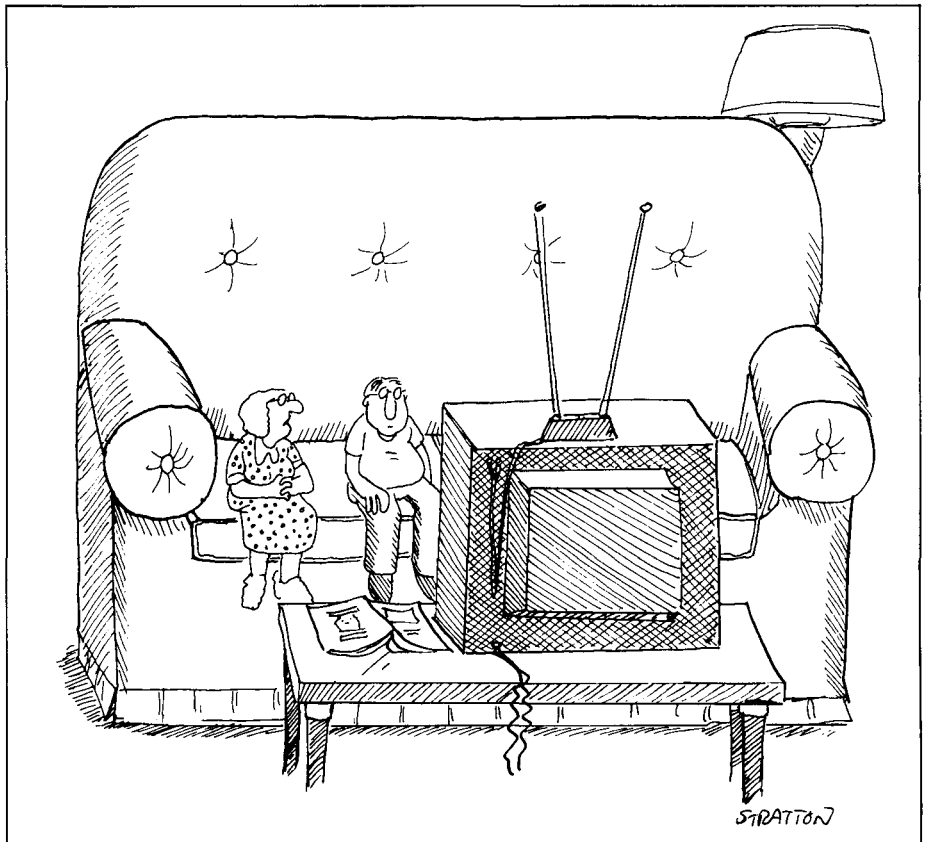
"In fact, on our football team, the first rule we have is: Do right. If you have any doubts, get out the Bible. We're not here to convert people to Catholicism, but we do operate, both the school and the team, on sound Christian values."

What was his reaction to the phone call when he was informed he'd be the next head coach of the Fighting Irish? "Emotionally, I was quite surprised," he says. "The call came completely out of the dark from Gene Corrigan, the athletic director. I didn't even know that Gerry Faust had resigned. My first thought was, *Gee, I can't believe it! What an honor!* Then I started to think about the responsibility, and that was a bit shocking too."

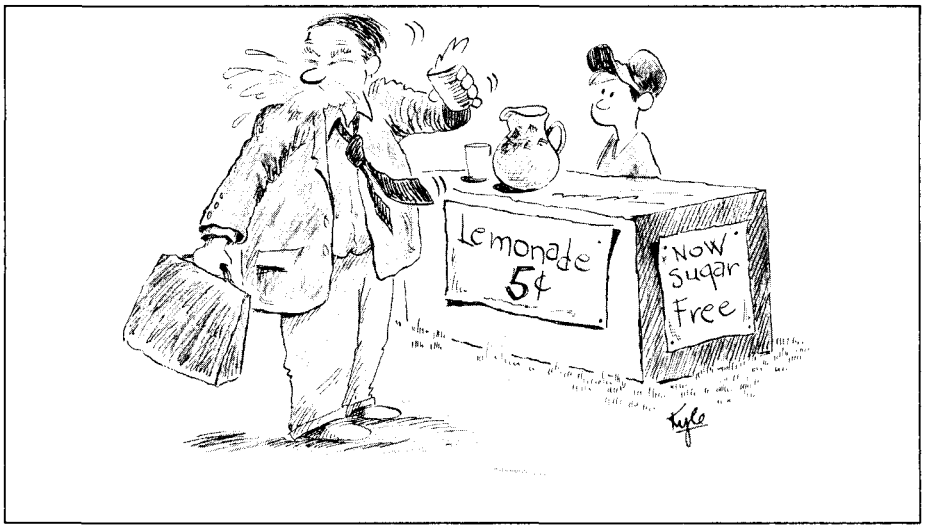
When he leaves Notre Dame 15 or 20 years from now. . . . Holtz laughs loudly at the prospect of such longevity. When he leaves Notre Dame, what would he like to look back on and say he did? "Well, when I came here, I did not come to be a Rockne or a Parseghian or a Leahy," he ventures. "I never want to be compared to those people, because it's hard enough having a good self-image without being compared to great people, so I don't wish to leave here as anything but a guy who believed in Notre Dame and tried to add to its traditions and values. I would like them to say he brought credit to the Lady on the Dome."

On this Saint Patrick's Day there is much rejoicing. The community will, in a few hours, honor the championship team with a gala celebration in its Century Center, and tonight the University of Notre Dame will hold an athletic banquet that many will call the greatest in its history.

The echoes have been revived. The glory is back. The family is intact. Thanks to Lou Holtz.



"George, don't you think the house is too big now that the kids are grown?"



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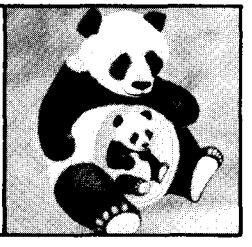

Urgent Warning: The Giant Panda *(Ailuropoda Melanoleuca)* is an endangered species—only 700 remain alive in the entire world. Unless prompt action is taken, *they will shortly become extinct!* To publicize their plight, a multimillion-dollar American corporation has imported luxurious hand-crafted *Penyang Plush* PREGNANT PANDAS direct from China (homeland of the Panda) and will *give them away for only $5 each*—guaranteed—to the first 10,000 who respond before November 25.

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Full 1-year Money-Back Guarantee			Subtotal	$
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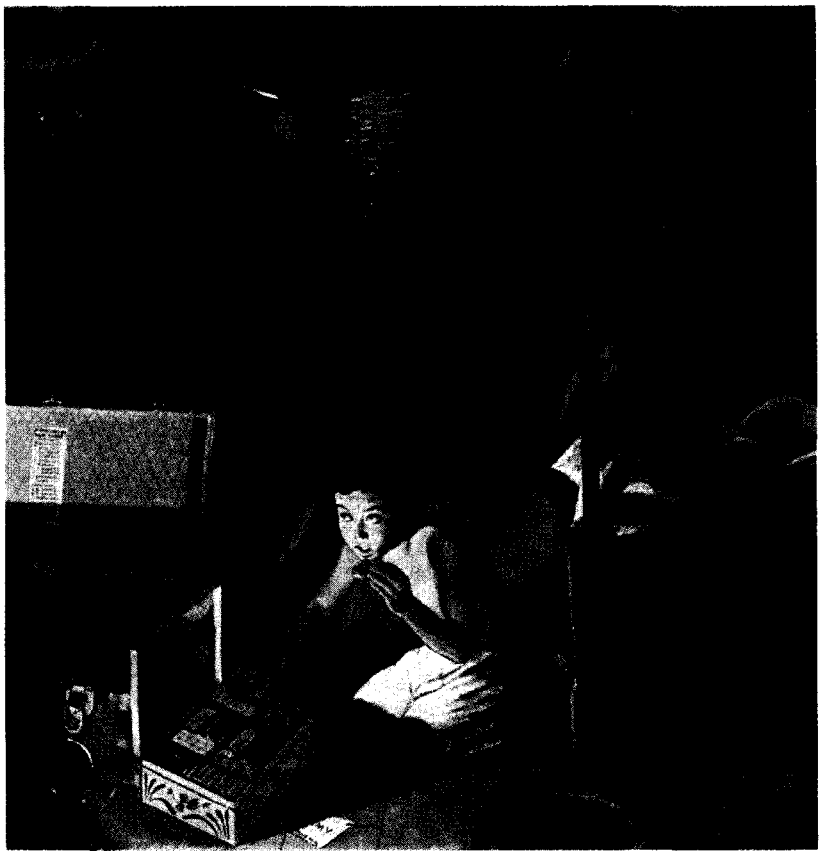
plan. It's likely to be something like "half a mile out; yellow-green spoons at 25 to 30 feet down."

Then, if all goes well, Denny's paying guests catch fish.

Denny says that there's been only one time that he had to bring clients in without a single fish to show for the day's labor. That was the first day that he went out as a professional charter-boat captain. "I was nervous," he explains.

By the next day, though, Denny had the situation under control—and he began earning his reputation as a captain who can find fish.



Can you name this picture?

. . . ***contest:*** $100 to the author of the winning caption for this picture. Your entry can be from a "one-liner" up to a limerick of five lines. Send entry on a postcard. *No* self-addressed, stamped envelope is needed. We will also award $100 to the photographer whose submitted photo is published in the next contest. 8" x 10" photos are preferred, along with a self-addressed, stamped envelope for return of photo if not used. Send all entries to: Photo Contest, *SatEvePost*, 1100 Waterway Blvd., Indianapolis, IN 46202. All eligible caption entries must be postmarked by September 16, 1989.

Our congratulations and a check for $100 go to Amy S. Olmstead, Spokane, Washington, for the winning entry in our May/June 1989 caption contest.

When stopped at the crossroads of life,
Who's right, husband or wife?
We spit and we spew;
I'm so glad, aren't you?
It's a fork in the road, not a knife!

On the Move

continued from page 59

the "Sally Jessy Raphaël" show, which began airing in St. Louis in October 1983. "I just realized that Sally was very different," Dubrow says. "She wasn't this gorgeous, unapproachable person. Sally is *very* approachable." Within six months, the show was nationally syndicated. It now reaches more than 160 markets, including places in Canada and England.

Dubrow says he has never seen Raphaël get flustered on-camera and she rarely gets upset off-camera. But she's very protective of her staff, as well as people she meets and animals. "If someone on the staff has a problem, that upsets her," Dubrow says. "She likes to fix up the single women with dates. And she's passionate about the animal-rights issue."

Who came up the idea of her trademark red glasses? "We didn't plan that," Dubrow admits. "She had to be able to read the Teleprompter; she bought the most inexpensive glasses she could find—and they were red."

Although Dubrow obviously is very affectionate about Raphaël, he does have one criticism: "She is not a clotheshorse! The problem is, when she comes back from her vacations to different countries, she's always wearing clothes from those places and trying to slip them on the air."

The topics for the show come from the producers, viewers writing in, and from Raphaël, who "reads constantly," Dubrow says. Raphaël likes to get involved with her guests and subject matter: for a show on female wrestlers, she climbed into a ring and demonstrated a headlock on one of the wrestlers; she and Soderlund performed as clowns for an episode on circuses; and in her most celebrated undercover role, she dressed as a prostitute and hit the streets of New York, accompanied by a real "professional." Raphaël says she did this "to see from their perspective, to walk in their shoes before judging their lives." This was one of the highest-rated programs in the show's history.

Raphaël bristles when asked about charges that talk shows are resorting to "trash TV" tactics to boost ratings. "This is the 'When did you stop beating your wife?' syndrome that the press does," she says. "If you went back six years and looked at

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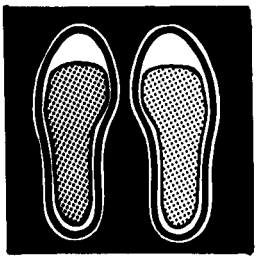
There's no reason for you to suffer with corns, calluses, hammertoes, bunions, or blisters. Sore, aching feet and throbbing knee pain can make your life miserable. For some people, their discomfort goes all the way up through their back and neck. It seems like when your feet hurt, you hurt all over.

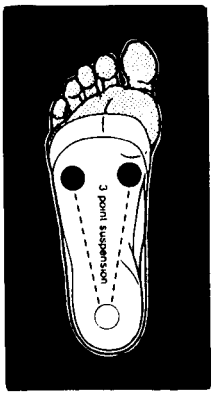
Now there's a *guaranteed* way to end this kind of needless foot pain—forever—with Flexible Featherspring® Foot Supports. Feathersprings are custom-formed foot supports developed in Europe and available here only by mail. From the very first day you slip a pair of Feathersprings into your shoes, your foot pain will be *gone!* Your feet will feel better! . . . You will feel better! . . . Instantly! Try them in your own shoes with our no-risk, money-back guarantee. You can't lose! Here's why:



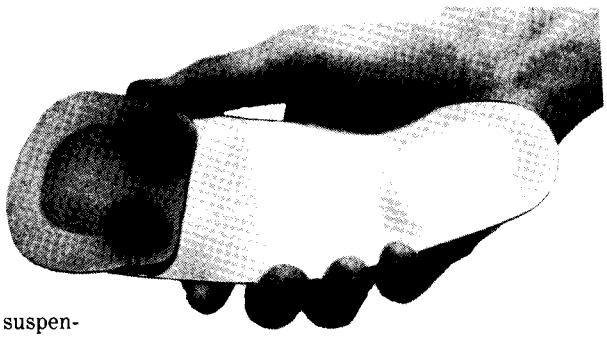
9 reasons why we can guarantee to end your foot pain... forever!

1 Feathersprings are individually crafted by orthopedic technicians, from the highest quality Swedish stainless spring steel.

2 Feathersprings are truly hand-formed to fit each of your feet from "footprints" you make in the privacy of your own home. Just as fingerprints vary, so do footprints. No two people's feet or foot problems are exactly alike. So it is imperative that proper foot supports be scientifically crafted to conform to each foot.



3 Through the exclusive use of stainless spring steel and a patented three-point suspension design; Feathersprings *cushion* your feet against the pain and damage of impact shock. This relieves relentless downward pressure on toes and the aching pains of hammertoes, corns and calluses. Painful bunions, triggered when your toes are crowded and confined, seem to disappear instantly. Calluses on your soles that cause a burning sensation and corns that used to throb with each step you took are gone forever. Once again you walk normally, without pain; no more limping or hobbling.



4 The unique design of Featherspring Foot Supports provide all important elevation of the long and metatarsal arches. They softly cradle the heel and ball of your foot to conform to your foot's shape. The result: no more discomfort from sore aching feet. Featherspring also position your feet properly within your shoes ending slipping and sliding.

5 Featherspring are extremely lightweight. They weigh less than 2½ ounces each. Their stainless spring steel and soft rubber construction make them both sanitary and durable.

6 Each Featherspring Foot Support extends from your heel forward almost to your toes. By leaving your toes free, Featherspring give them the extra room they need. Your toes are never crowded or compressed. Instead, they're free to flex and bend comfortably, as nature intended.

7 Their unique suspension lets your feet move naturally. Unlike rigid supports, Featherspring give your feet proper support throughout its full range of motion, thereby eliminating pain.

8 Flexible Featherspring Foot Supports will end your foot pain no matter what shoes you wear. Best of all, one pair is all you'll ever need. Men and women, young and old all report no more foot pain with Featherspring.

9 Featherspring come to you with a money-back, risk-free guarantee. We're happy to let you try them for 60 days with no strings attached. If your feet don't feel better than ever before, if your pain isn't completely gone, we'll refund your money in full with no questions asked.

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what we were doing then, it's the same as what we're doing now. And if you went to Phil [Donahue], you'd see pretty much the same thing as years ago. Maybe it's our turn. For a while, it was Vanna White. Now it's us. It's getting boring. It shows a lack of understanding.

"You need to call a topic something glitzy to get listings in the newspapers. You have to have enough P.T. Barnum in you. If you're doing a show on PMS, which will help millions of women deal with it, it could sound pretty dry.

"So you do a promo that says, 'Hormones Made Me Upset.' The *print people [newspaper reporters]*, who don't watch TV, read that and say, 'Look at how prurient that is.' But if you watched it, three doctors talked about monthlies! That's about as rip-roaring as it gets."

Raphaël declines to comment on topics chosen by Morton Downey, Jr., for his show. But she admires his pacing and sense of "drama," and she says that off-camera he is "quiet, a gentleman." As for his aggressive handling of his guests, she says, "I think I'd be worn out. I wouldn't want to do that."

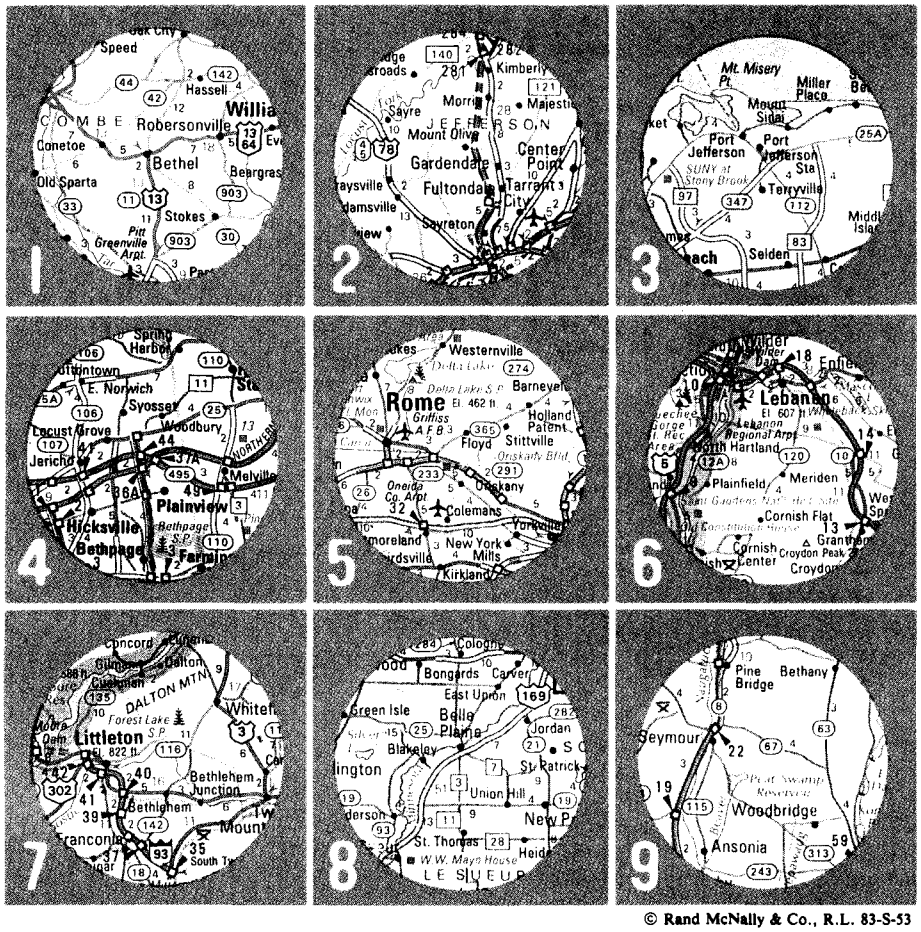
Raphaël's approach to her guests is conversational: "You're a polite person at a cocktail party. You let your guest talk." Meanwhile, Raphaël is thinking about the viewer. "I'm trying to reach one person. There isn't a crowd out there," she says. "There's just one other human being and we're trying to figure out life together."

As Raphaël speaks, her first taping of the afternoon is approaching, but she doesn't seem even slightly nervous at the prospect of going before a live studio audience and taping a show that will be seen by millions of people: "It's like guilt—nervousness is not an emotion I have."

But then she pauses and laughs at an embarrassing memory. "The only time I ever got nervous was when I met a devastatingly handsome man—Julio Iglesias—at a cocktail party. I didn't have a crush on Julio; I just thought of him as a Latin singer whose voice I'd always heard," she remembers.

"The day before he came on my show, there was a cocktail party, both of us were invited . . . Julio was the epitome of Cary Grant! He has more charm adjusting his tie than most men do in their entire lives. I became mesmerized—I couldn't move. Somebody said, 'Go up and talk to him.' I said, 'Duh-duh-duh . . . ' But he made me feel so right. He said, 'I've seen your show, Sally.' When he stares into your eyes, you'd have to be dead not to be gone! They could hardly revive me. It was awful and wonderful.

"Of course you fantasize about flying away with Julio—but one does come to one's senses. You come home and see the dirty dishes!"



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend finds the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 112)

Love Blooms

continued from page 55

disease. Walking outdoors pales in comparison to his new sport, he contends: "In a mall there is electricity, there is energy."

Sam Goldman, 5'7" and 260 pounds, took up mall walking recently to try to lose weight after his doctor warned him his health was in danger. Perspiring heavily, Goldman, 48, sits on a bench sipping coffee after a strenuous one-mile walk. "Every day I try to increase my distance by three stores," he says. "Today I'm at The Kitchen, tomorrow Athlete's Foot."

So, what's next? Perhaps mall jogging. Fairfield Mall in Chicopee, Massachusetts, may ask its security guards to don exercise tights and jog their nightly rounds. Denise Schwartz, the mall's marketing director, says, "I think it's about time our loss-prevention crew got in shape."

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To thank you for ordering from this ad, you may have up to four (4) more watches at the same $2 giveaway price as gifts for your closest *friends and relatives. (P.S. They'll never* guess how little you paid.)

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This watch will not be sold by this firm in any store. There is a limit of five (5) watches per address at this $2 price. You must be 100% satisfied, or return the watch(es) anytime within one month from receipt for a full refund–no questions asked.

To get your watch(es), mail the original printed coupon on this page (no xeroxes or hand-made copies will be accepted) to The Rothchild Depository, 101 West Street, Hillsdale, NJ 07642. Enclose $2 for each watch ordered–limit, 5 watches per address–plus only $1 postage and handling for each watch ordered. Act now!
These watches will sell out fast.

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Gentler Marriage

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lawn can be a prima ballerina." What she suggests may be normal in Tinseltown, of course, but if I ever catch my dear wife dancing on the lawn, I'll have her committed. Unless, that is, she can show me where she has just been punctured by a hornet.

"Dancing," the romance adviser explains, "is a way of communicating with the body." What she has in mind here is ballroom dancing. My wife and I dance occasionally, but I can't recall my body ever saying anything to hers, or vice versa. My favorite compliment for her is the old standby, "You don't sweat much for a fat girl." Whereupon she replies, "You are really light on my feet tonight." Oh, sometimes, if the lights are low and the music soft and slow, she will raise her head from my shoulder and whisper in my ear, "Ouch!" But that's about as romantic as we ever get on the dance floor.

"If in your heart of hearts you see yourself as a horsewoman, learn to ride" is another idea my soul mate wanted to try out. Even though all we have are miniature ponies, if this would put a little zing in her heartstrings, I figured it was at least worth a shot.

Little 28-inch Extract, son of Vanilla, being the liveliest male of the bunch, was selected for this romance-recycling adventure. Getting my dear wife astride the sacrificial beast required a full hour. And by the time I had pulled the little feller's legs out of the ground and helped him into the barn, I couldn't remember why I had been party to such a stunt, much less how it might have affected my wife's romance valves.

Another suggestion of comparable merit is "to swim naked at night in a warm pool." For those who have a warm pool, fine and dandy. Unfortunately, our only warm pool is the result of forgetting to let Brutus, our dog, out at night. We do have a three-foot-square shower stall with a capacity of one adult in which a misdirection in reaching for the soap will bring down the shower caddy. And it takes only one shampoo bottle landing on your foot to disperse any romantic notion you might have for the next three days.

Moving right along: "Have an emergency kit. Candles, fizzy wine, and caviar should always be kept available to make an occasion out of an ordinary day." We have the candles, no problem there, and maybe one out of three isn't so bad. But our only occasion for lighting them is when the power goes off. As for the fizzy wine and caviar, the closest we come to it is a two-liter bottle of Diet Pepsi and a can of water-packed tuna.

Still another love link that hasn't worked out for us has to do with the advice "The few minutes of peace the two of you spend together by the sea or in the woods will help your marriage, help you to be at ease with each other." To which I say, Ha! The last time my dear wife and I went back to our woods together, we were carrying a two-man/woman crosscut saw, with intentions of cutting a fallen honey locust into wood-stove lengths.

Everything went according to Paul Bunyan for about three cooperative pulls and pushes. At which point she decided that I was jerking her off her feet on purpose. It being a woman's nature, she began trying to do the same to me. This, of course, got my dobber up to the point where the contest ended by her coming out of her boots and draping her body across the log. End of romantic interlude.

"Most of us need the right setting and circumstances to flourish," we are told, "to bring out our romantic selves. When life seems a little dull . . . take a car ride—anything might happen."

I certainly can't argue with that. We have only to dredge up my dear wife's car ride of last Tuesday for proof that "anything might happen."

Before making her emergency run into Spencer for sleeping pills for her cat, or something equally vital, she romantically asked if she could bring me anything. Like an idiot, I told her she could bring me two 12-foot lengths of gutter for the barn. And for once, she got exactly what I had asked for. As she was coming up the driveway, however, with one end of the gutters resting on top of the back seat and the other end sticking out the front window, the ends sticking out the front window rammed into the tulip tree and shoved the back ends out through the rear window. This, of course, bent the gutters so they're only fit to be used on a silo. And we don't have a silo.

The Perfect Squelch

When Mrs. Wellman's new neighbor suggested that they pool their efforts in entertaining some friends at a lawn party, she agreed it was a fine idea. Later she wished she hadn't, for her neighbor turned out to be the type who supplied ideas and nothing else.

Mrs. Wellman not only did almost all the work of preparing for the party but also found herself doing all the serving when the guests arrived. Her neighbor simply faded away from labor, found the most comfortable chair, and proceeded to relax and enjoy herself.

When Mrs. Wellman finally panted to a seat for a few minutes' rest, her neighbor called, "Could I have just one more glass of this delicious iced tea?"

"Oh, thank you," the neighbor said, when Mrs. Wellman poured the tea. "You know, you were born to be a hostess."

Mrs. Wellman managed a smile. "Why, thank you, my dear," she said, then added, "and you were born to be a guest."

—Patricia B. Smith

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WORD

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Was that enough romance for one day? Oh, no. Later that day I asked if she would mind moving the remains of her car out of the drive so I could get my car past. Now her key wouldn't turn on the ignition. It had happened before. But this time no matter how hard we jerked on the steering wheel while turning the key, no go.

In desperation I called Paul Thomas, the No. 1 mechanic on our list, who wisely came out with his wrecker. "Are you sure this is the right key?" he asked. "It doesn't seem to fit the way it should."

Yes, said dear wife. Paul hauled the car in to his garage to replace the ignition.

Upon paying the bill the next day—$72.60 incidentally, which may be incidental to Donald Trump but certainly not to me—Paul said the other key dear wife had given him wouldn't unlock the trunk. Something was obviously rotten in the state of Freedom, Indiana.

Upon broaching the subject to you-know-who at my earliest opportunity, I said, "You must have another set of keys for your car."

"I just threw a set in the junk," replied y-k-w, "but I couldn't find what they were for."

Yep. After pawing through an assortment of cat food cans and dog food cans and a couple of cans for human food, I located the keys. Yep, again. One opened the trunk, and one opened the old ignition, now lying on the back floor. I tell you, romance can hit no higher plane than we enjoyed that night.

In contrast to the far-out ideas this romance writer proposes, one statement I find ultra-conservative. She tells the gals, "Treat marriage as an affair and after 20 years you'll still be a beautiful woman."

Twenty years indeed. Our marriage has survived for 52 years, and my wife is a beautiful woman today. So maybe we have been doing something right, after all. ✱

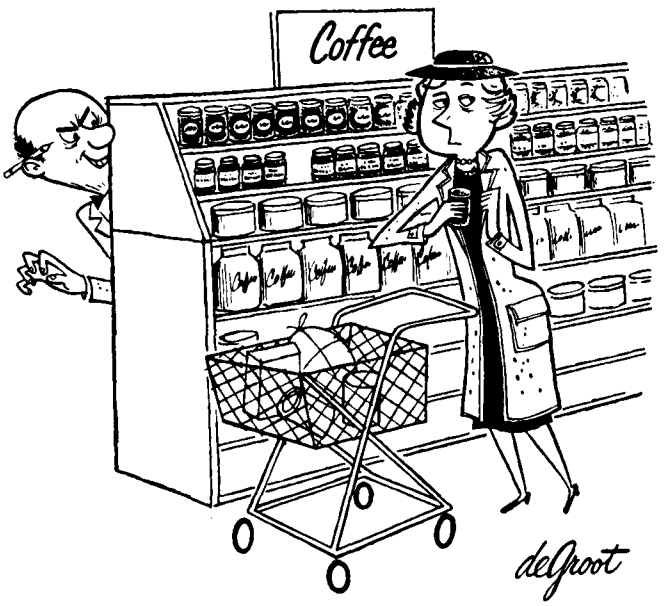
Quick One

continued from page 51

counter—recognizing at once the ill-omened glass of milk and another, which smelled of whisky—and then turned just in time to see the parting between those two quaint figures, fanatics of the East and West. There was still something a little darkling and sinister about the Moslem, but he bowed himself out with grave gestures of dignified reconciliation, and there was every indication that the trouble was really over.

But some importance continued to attach, in the mind of Father Brown at least, to the memory and interpretation of those last courteous salutes between the combatants. Because, curiously enough, when Father Brown came down very early the next morning, he found the long saloon bar filled with a dead white light of daybreak in which every detail was distinct; and one of the details was the dead body of John Raggley, bent into a corner of the room, with the heavy-hilted, crooked dagger rammed through his heart.

(continued next issue)



You be the Judge

by José Schorr

When the supermarket manager caught Louise stealing a 49¢ jar of coffee, he confronted her with a list of $6.17 worth of items he had seen her steal in the past, and he estimated she got away with a total of $50.00 worth. So he threatened to call the cops if she did not sign a confession and pay up. Terrified, Louise paid him $25.00 on account and promised to pay the rest at the rate of $5.00 a week. She paid the first $5.00 in the presence of a detective, who promptly arrested the manager for blackmail.

"Why don't you arrest shoplifters instead of honest people?" the manager demanded at his trial. "Louise is the thief; she confessed to stealing at least $50.00 worth of my store's merchandise."

"You saw her steal only $6.17," the prosecutor replied, "and when you threatened her with arrest for stealing more, you committed blackmail—which is worse than shoplifting."

If you were the judge, would you say the manager committed a crime?

The manager was adjudged guilty. The court said it was against the law to use threats and fear to make a debtor pay up "and it makes no difference that the debtor was, in fact, guilty of crime. Furthermore, such conduct results in the concealment and compounding of a felony."

(Based upon a 1954 New York case.)

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WHERE DO YOU THINK YOU ARE?

(Answers from page 108)

(Theme: famous Biblical geographic locations)

1. Bethel, NC
2. Mount Olive, AL
3. Mt. Sinai, NY
4. Jericho, NY
5. Rome, KY
6. Lebanon, NH
7. Bethlehem, NH
8. Jordan, MN
9. Bethany, CT

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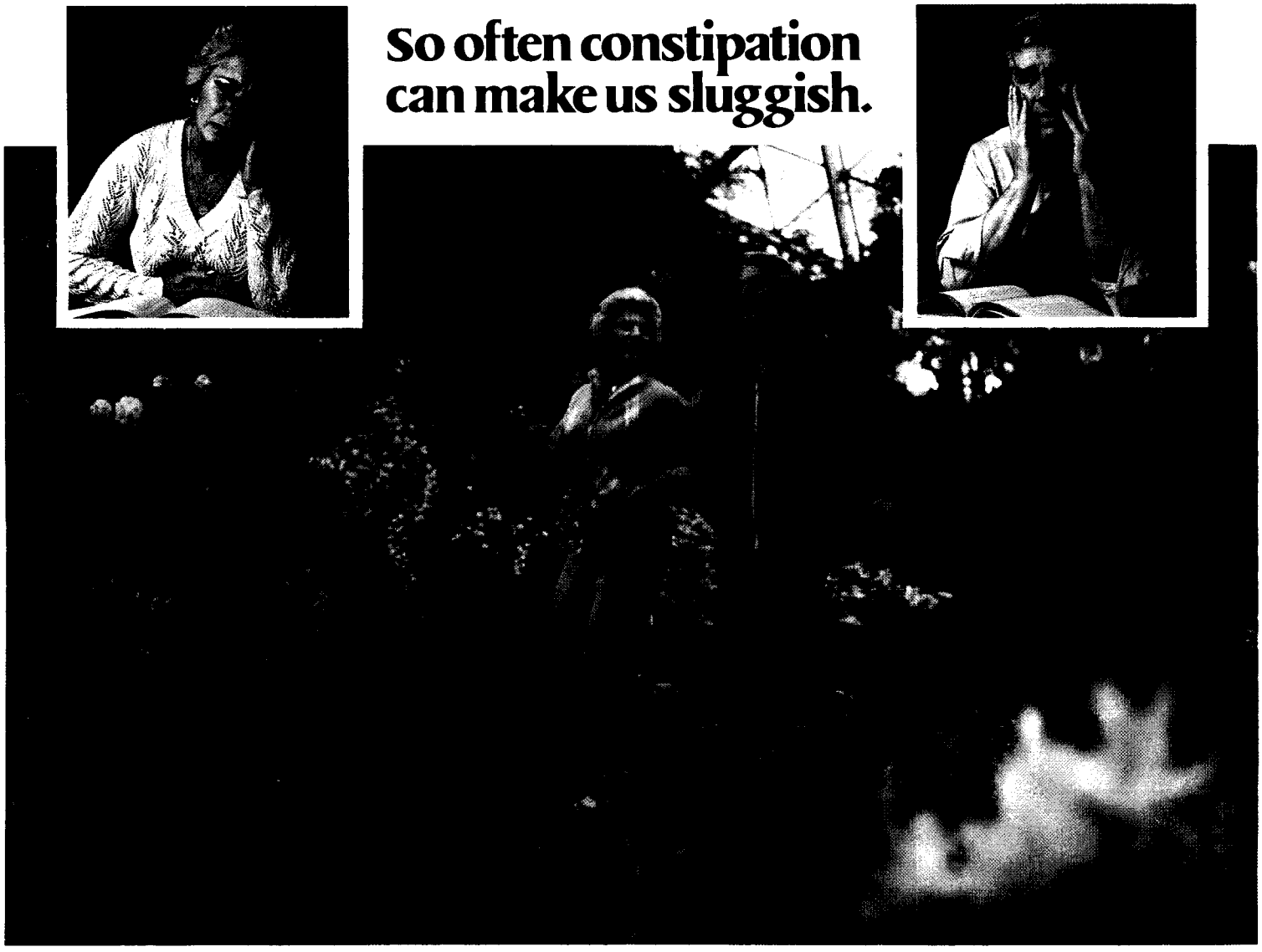

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